What do I do if I would like further information?
For further advice contact

GP / health visitor / school nurse
Paediatrician
Epilepsy nurse specialist
Children Community Nurses
NHS Direct - 0845 46 47
www.epilepsy.org.uk
www.epilepsyscotland.org.uk
www.jointepilepsycouncil.org.uk

Concerns and queries

If you have any concerns or questions about any of the services offered by CPFT, in the first instance, please speak to the person providing the care.

Your school nurse is...........................................................................................................

Telephone number...........................................................................................................

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If you have any concerns about any of CPFT’s services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

Out-of-hours service
0800 052 2252
Mondays to Fridays from 5pm to 10pm;
Saturdays, Sundays and Bank Holidays from 8am to 10pm.

For more information:
HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.
T 01223 726789
F 01480 398501

www.cpft.nhs.uk
The aim of this leaflet is to provide you as carers or parents all the relevant information about Rectal Diazepam and answer some common concerns and questions.

Why has Rectal Diazepam been prescribed?
Most seizures in children stop within 5/10 minutes but occasionally they go on for longer. If a single seizure or group of seizures lasts for 30 minutes or more it is called status epilepticus. Occasionally very prolonged seizures (over 1-2 months) may be damaging to a child. To try to prevent prolonged seizures, Rectal Diazepam has been prescribed for use at home and where appropriate at school.

When should Rectal Diazepam be given?
Rectal Diazepam is usually given five to ten minutes after the start of the seizure. The precise dose and timing will be decided by the doctor. You will be given a protocol to follow for your child – please time any seizures rather than guess so that you know when to use the Rectal Diazepam. Rectal Diazepam is for use as a first aid measure only. Our general advice is that you should allow six to eight hours between each use of Rectal Diazepam.

How do I know when the seizure has stopped?
Following a seizure a child will normally become relaxed and sleepy. He or she may be able to respond to you though they may well appear confused. If your child is still stiff or twitchy even though the bigger movements have stopped the seizure may still be continuing.

How do I know I am giving the correct dose of the Rectal Diazepam?
The Rectal Diazepam will come in a small tube with the dose clearly marked on it. The correct dose to use will also be clearly written on the child’s protocol.

How do I give Rectal Diazepam?
Check the dose before removing packaging.
Take the tube out of the foil packaging by tearing the top.
Twist the plastic cap on the end of the tube.
Place the child on their side and draw up their knees.

Remove as little clothing as is needed to allow access to their bottom.

Insert the nozzle end into the back passage (anus). If your child is under 3 years old, insert up to first mark on tube. If your child is 3 years and above, insert tube up to widening point of tube (hilt).

Squeeze the contents into the bottom by pressing the bulb of the tube with your thumb and forefinger.

Once empty, squeeze the child’s buttocks together and slowly withdraw the tube.

Keep the buttocks together for 15-30 seconds following the removal of the tube, to prevent any medication seeping out.

Do not repeat the dose if your child opens their bowels immediately after administration. There may still be some drug that has been absorbed. Instead call an ambulance, and explain the situation.

Does the Rectal Diazepam work straight away?
No – it will take between five and eight minutes to work because it has to be absorbed into the blood stream.

Do I still need to call an ambulance?
We would advise you call an ambulance as well as giving Rectal Diazepam in any one of the following circumstances.

If it is the first time the child has used Rectal Diazepam;
• If it is the first time the child has used Rectal Diazepam;
• If the seizure has not stopped 10 minutes after using Rectal Diazepam;
• If you think the child may have suffered a head injury during the seizure;
• If the child appear to be having trouble breathing.

Can I give a second dose of Rectal Diazepam if the first dose does not work?
The child’s protocol for use of Rectal Diazepam may allow you to give a second dose of diazepam. If the child has received two doses of Diazepam you should call and ambulance in order that the child can be seen in hospital.

Are there any side effects?
Rectal Diazepam may slowdown a child’s breathing; if the child has a severe chest infection or other breathing problems an ambulance should be called at the same time as giving Rectal Diazepam. Rectal Diazepam can make a child sleepy.

Where should I keep the Rectal Diazepam?
Rectal Diazepam should be stored at room temperature and out of reach of children. Check the expiry date before using.

The recovery position
This position ensures:
• That an unconscious child maintains an open airway.
• That the tongue cannot fall to the back of the throat.
• That the head and neck remain in an extended position so that the air passage is widened.
• Any saliva or vomit in the child’s mouth will drain freely.

The position of the child’s limbs provides the necessary stability to keep the body propped in a safe and comfortable position.

NB: Babies should be positioned on their side.