

How to Give Diastat (Diazepam rectal gel)

What is Diastat and when is it used?

Diastat, also known as Diazepam rectal gel, is an emergency medicine used to stop a seizure that has lasted too long. It may also be used if too many seizures happen in a short period of time. It's given in the rectum (opening in the body where poop is passed).

What you need to know before using Diastat?

- Diastat is not used as a daily medicine to prevent seizures. It's only given in emergencies.
- Use this medicine only per the doctor's instructions.
- The pharmacist will set the syringe at the correct dose based on your child's prescription.
- Check that you can see the correct dose based on your child's age and weight. You should see a green "ready" band.
- Make sure to check the expiration date on the medicine often. Do not use expired medicine.
- Store the medicine at room temperature.

When should rectal Diastat be used?

Use as prescribed by your child's doctor. Some common treatment guidelines are:

- It may be used when someone is having a seizure that lasts longer than 5 minutes
- It may be used when someone has 6 or more seizures in 1 hour

How to set up and give Diastat (see instructions at end of this handout)

- Make sure your child is in a safe location where they can't fall or hurt themselves.
- Time how long the seizure lasts.
- Take the cap off the Diastat syringe by pushing up with your thumb from under the cap.
- Turn your child on their side and bend their upper leg forward at the knee.
- Separate the bottom to expose the rectum.
- Gently insert the syringe tip into the rectum. The rim of the syringe should be snug against the rectal opening.
- Slowly count to 3 while gently pushing the plunger until it stops.
- Slowly count to 3 before taking the syringe out of the rectum.
- Slowly count to 3 while holding the bottom together to stop medicine from leaking out.
 - Keep your child on their side and write down what time you gave the Diastat, the dose, and how long the seizure lasts.
 - Have your phone ready to call 911 if first time giving the medicine and/or you notice any complications or problems that concern you, such as trouble breathing, your child turning blue, your child not responding to you.
- After giving the Diastat, throw the syringe away in the trash can.

What are some possible side effects?

Your child may feel sleepy, dizzy, have a headache, tremors, loose poop, upset stomach/throwing up, and/or experience unsteadiness. **If any of these effects last or get worse, tell your care team right away.**

When to call 911?

- If you've given Diastat, and the seizure lasts for 5 more minutes.
- Seizure behavior is different from other episodes
- If the seizures seem more severe than usual
- Your child's color or breathing does not seem normal
- Any unusual or serious problems



Call the Neurology Clinic with questions or concerns 720-777-6895. For non-urgent needs, please send your care team a MyChart message.

HOW TO ADMINISTER AND DISPOSAL

Diastat®
(diazepam rectal gel)

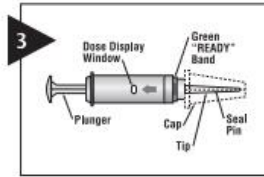
Diastat® AcuDial™
(diazepam rectal gel)



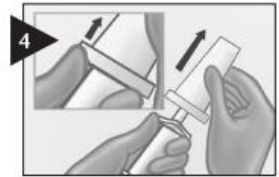
Put person on their side where they can't fall.



Get medicine.



Get syringe.
Note: Seal Pin is attached to the cap.



Push up with thumb and pull to remove cap from syringe. **Be sure Seal Pin is removed with the cap.**



Lubricate rectal tip with lubricating jelly.



Turn person on side facing you.



Bend upper leg forward to expose rectum.



Separate buttocks to expose rectum.



Gently insert syringe tip into rectum. *Note: Rim should be snug against rectal opening.*



Slowly count to 3 while gently pushing plunger in until it stops.



Slowly count to 3 before removing syringe from rectum.



Slowly count to 3 while holding buttocks together to prevent leakage.

SLOWLY COUNT OUT LOUD TO THREE...1...2...3



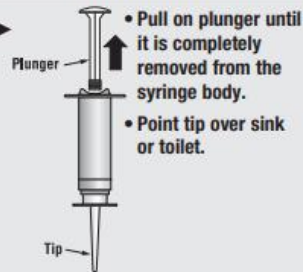
Keep person on side facing you, note time given and continue to observe.

ONCE DIASTAT® IS GIVEN

DISPOSAL INSTRUCTIONS FOR DIASTAT ACUDIAL

DISPOSAL FOR DIASTAT 2.5 MG

14a



- Pull on plunger until it is completely removed from the syringe body.
- Point tip over sink or toilet.

This step is for Diastat® AcuDial™ users only

At the completion of step 14a:

- Discard all used materials in the garbage can.
- Do not reuse.
- Discard in a safe place away from children.



- Replace plunger into syringe body, gently pushing plunger until it stops.
- Flush toilet or rinse sink with water until gel is no longer visible.

SINK OR TOILET

14b

At the completion of step 13:

- Discard all used materials in the garbage can.
- Do not reuse.
- Discard in a safe place away from children.