

## 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)

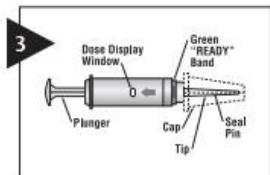
**IV**



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 the 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.



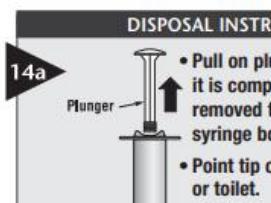
Slowly count to 3 before removing syringe from rectum.



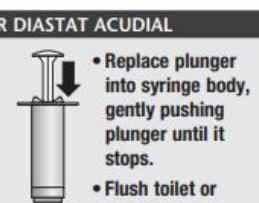
Slowly count to 3 while holding buttocks together to prevent leakage.



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



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

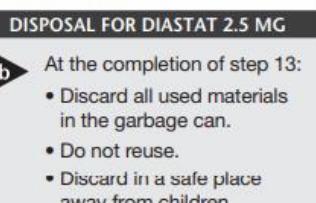


- Replace plunger into syringe body, gently pushing plunger until it stops.
- Flush toilet or rinse sink with water until gel is no longer visible.

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.



- 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.