

What do I need to take note of?

- Rectal diazepam, if given in excess or in addition to certain drugs, may cause poor or weak breathing.
- Injury to the rectum is possible but the risk is very small.
- The risk of a child having brain damage after a very prolonged seizure is greater than the risks associated with the administration of rectal diazepam.

It is recommended to call an ambulance after administering rectal diazepam in case the seizures do not stop. Your child may feel drowsy after the seizures have stopped. This can be due to the seizure itself or effects of the rectal diazepam.

How should rectal diazepam be stored?

Each rectal diazepam tube contains 5mg of diazepam in 2.5ml solution. Please ensure that rectal diazepam is stored properly to prevent deterioration of the medicine.

- Refrigerate the package. Do **NOT** freeze.
- Store in a dark place.
- Do not open unless required for use.
- Check the individual tube for the expiry date before usage. Any medicine that has expired should not be used.

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

About the Khoo Teck Puat – National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents. NUH is the only hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/ktp-nucmi.

Contact Us

24-hour Children's Emergency

Location: NUH Main Building, Zone F, Level 1
General Enquiry: +65 6772 5000

KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2
(Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
General Enquiry: +65 6772 5736 Appointment Line: +65 6908 2222
Email: ktpnucmi_appt@nuhs.edu.sg

9a Viva-University Children's Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9
Operating Hours: 8am – 5.30pm (Mon to Fri)
Appointment Line: +65 6772 5030 Fax: +65 6872 4314
Email: cbccappt@nuhs.edu.sg

NUH Children's Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899
Operating Hours: 9am – 11pm daily (including public holidays)
General Enquiry: +65 6219 1538 Email: childrenucc@nuhs.edu.sg
Website: www.nuh.com.sg/ucc

NUH Child Development Unit @ JMC

Location: Jurong Medical Centre,
60 Jurong West Central 3, Level 2, Singapore 648346
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6665 2530/2531 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club,
2 Choa Chu Kang Loop, #03-01, Singapore 689687
Operating Hours: 8.30am – 5.30pm (Mon to Fri)
Appointment Line: +65 6769 4537/4637 Fax: +65 6665 0158
Email: cdu@nuhs.edu.sg Website: www.nuh.com.sg/cdu

National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074
Tel: +65 6908 2222 Email: contactus@nuhs.edu.sg
Website: www.nuh.com.sg



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Information is correct at the time of printing (February 2023) and subject to revision without prior notice.

Rectal Diazepam



What is rectal diazepam?

Rectal diazepam is a rescue medication for children who are prone to prolonged and/or repeated seizures.



Most seizures are brief and stop spontaneously within 5 minutes. Seizures that do not stop spontaneously within 10 to 15 minutes are considered a medical emergency. Any longer than 30 minutes may lead to brain and body injury.

In emergency situations, rectal diazepam can be used as an interim measure to stop seizures at home or in the community whilst waiting for the ambulance.

Why does my child need rectal diazepam at home?

A neurologist or paediatrician may prescribe rectal diazepam for home use if your child:

- Has a history of prolonged seizures (more than 5 minutes).
- Is prone to a cluster of repeated convulsive seizures lasting less than 5 minutes but recurring within 30 minutes.

Rectal diazepam is not necessary for children with short seizures or well-controlled forms of epilepsy where there is no loss of consciousness.

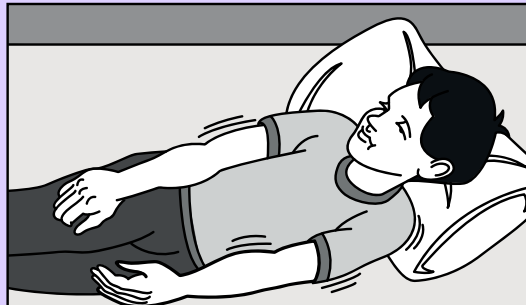
When and how should rectal diazepam be used?

If your child is having a seizure whereby he or she is convulsing or unconscious, it is important to follow simple first aid measures such as protection from injury and positioning your child on his or her side to assist breathing.

Your doctor, epilepsy nurse or pharmacist may have instructed you on the dosage, when and how to administer the rectal diazepam. Important points to take note of as follows:

- Type and duration of seizure
- Dosage of rectal diazepam to use (determined based on your child's body weight)

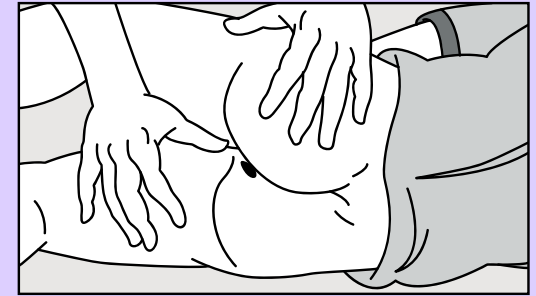
Steps to administer rectal diazepam



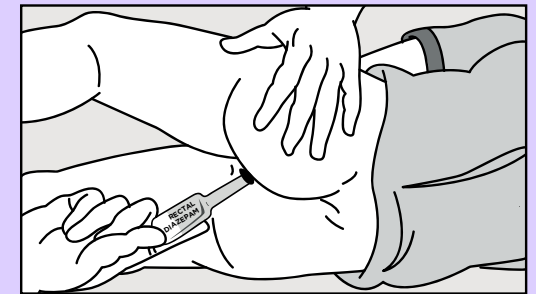
1. Turn your child on his or her side.
2. Take the rectal diazepam package from the refrigerator.
3. Tear open the foil packaging.
4. Administer the prescribed dose of rectal diazepam into the anus.

PLEASE NOTE:

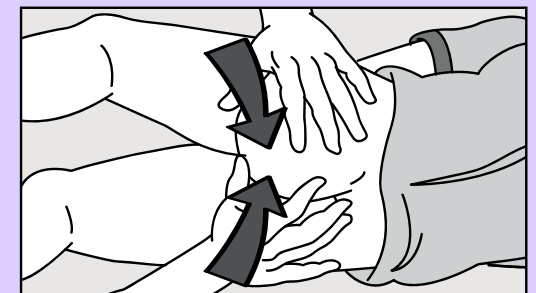
If the prescribed dose is half a tube, remove half of the tube's content **BEFORE** inserting the remaining content into the anus.



- a. With your child lying on his or her side, separate the buttocks.



- b. Gently insert the rectal tube approximately 5cm deep inside the anus and squeeze the content of the tube in.



5. Remove the tube from the anus and hold the buttocks together so that the rectal diazepam does not leak out.
6. The rectal diazepam may take 15 to 20 minutes to work. Do not repeat the dose unless previously advised by the doctor or nurse.