



**Royal Berkshire**  
NHS Foundation Trust

# Giving your child rectal diazepam

Information for parents and carers

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This leaflet aims to give advice to parents on administering diazepam via a rectal tube to a child who is having a seizure. If there is anything you do not understand or you have any questions, please speak to the Paediatric Epilepsy Nurse or Community Children's Nurse.

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### Be prepared

- Your child's consultant should give you a clear guideline on when to give your child diazepam.
- Always keep a stock of rectal diazepam. Store it in a cool place, out of the reach of children.
- Regularly check the rectal tubes for their 'expiry date'. Dispose of anything out of date.
- Always keep enough stock to provide respite carers and school with a supply.
- Ensure that you carry a rectal diazepam tube with you whenever you may need it.
- Diazepam is usually dispensed as Diazepam RecTubes or Stesolid (follow the instructions on the patient information leaflet for your specific brand).

### How to manage when your child has a seizure

1. When a seizure starts, make a note of the time and move your child to a safe area, where they cannot injure themselves.
2. If it is safe to do so, place your child into the recovery position lying on their side (where possible) as this will help the diazepam to be absorbed.
3. Hold one buttock gently to one side so that you can see the back passage.

4. Gently insert the rectal tube into their back passage.
5. **RecTube** nozzles should be inserted halfway.
6. **Stesolid** tubes have marks on the nozzle to help guide you. For babies and children under 3 years old, insert the nozzle to the first marker; for a child of 3 years old and over, insert the nozzle to the second marker.
7. The tube should slide in easily and should not be forced.
8. Squeeze the tube to administer the liquid diazepam, and keep it squeezed.
9. Hold your child's buttocks together to prevent leakage and withdraw the tube slowly, keeping the tube squeezed. Hold the buttocks together for a further 1-2 minutes.
10. Do not worry if there is a small amount of liquid left in the tube – they are designed this way.
11. The seizure will usually stop within 5 minutes. Make a note of the time you gave the diazepam and the time the seizure stopped.
12. Make your child comfortable afterwards as they may be sleepy. It is important to allow them to sleep if they need to.
13. If the seizure has not stopped or slowed within 5 minutes, dial 999 for an ambulance.
14. Due to the effects of the diazepam making your child sleepy, their breathing may also become shallow for a while. If you are concerned about your child's breathing or you notice a blue tinge around their lips dial 999 straight away.
15. **If the seizure has not stopped or slowed after 5 minutes, dial 999 for an ambulance.**

## Contact us

Paediatric Epilepsy Nurse: Victoria Urban - Mobile: 07876 740219

Community Children's Nurses: 0118 322 7532

Lion Ward – 0118 322 7519

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This document can be made available in other languages and formats upon request.

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Written by Victoria Urban. September 2017.

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