

Patient Information Leaflet

Rectal diazepam for anxiety or distress

Name of the medicine:

Diazepam rectal tubes

What is it for?

Diazepam is used to treat anxiety or distress, which may feel worse if you are short of breath.

Most medicines available in the UK have a licence for use. The licence describes the ways in which the medicine can be given and the conditions it can be used to treat. In order to get a licence, the manufacturer of the medicine has to show that it is safe and made to a high standard.

Use of rectal diazepam for some of your symptoms is outside its licence. Medicines used in palliative care are quite often used this way. There is experience and research to support the use of diazepam in this way. The person who prescribed your medicine will have considered carefully the benefits for you.

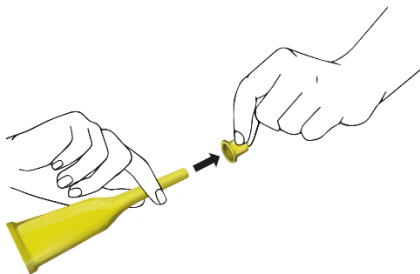
Information on this is not included in the information leaflet supplied with the medicine. We are providing you with this extra leaflet to tell you the reason(s) why you are taking this medicine and to highlight other information. You should read this and the manufacturer's patient information leaflet together.

What form(s) of this medicine are there and how is it usually taken?

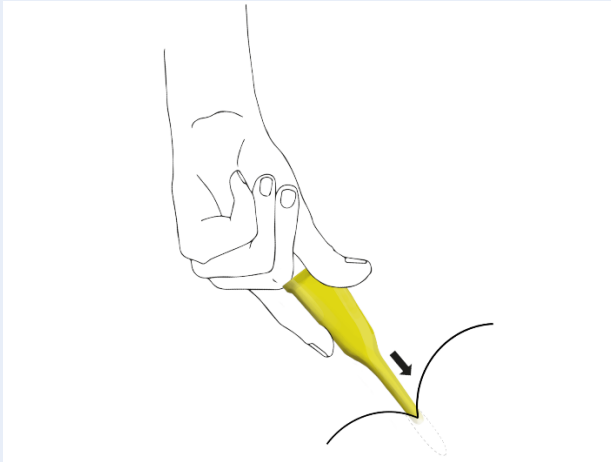
This medicine is supplied in a rectal tube. **It should not be given by mouth.**

How to give the medicine: Lay the person on their side.

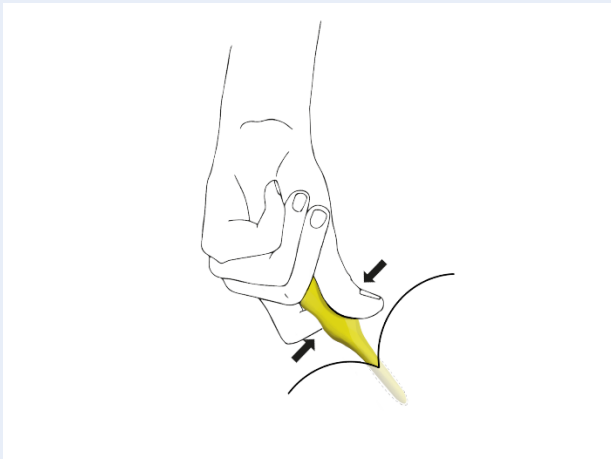
Tear open the foil covering/pack and remove the cap from the top of the tube.



Gently insert the nozzle completely into the back passage (rectum) pointing it downwards.



Empty the tube by pressing firmly between your thumb and index finger. Keep the tube completely pressed together until you have withdrawn it out of the rectum.



Note: A small amount of the solution is intended to be left in the tube after the dose is given. Maintain the person’s position and hold their buttocks together for a few minutes.

Follow the instructions that are on the dispensing label. The medicine should start to take effect after about 5 minutes.

Repeat the dose if needed in line with the dispensing label. You should get medical advice if the medicine does not seem to be working.

What are the most common side effects I might experience?

Diazepam might make you sleepy (drowsy) shortly after you take it. Because of this, we advise you to rest for a while in a comfortable chair or bed straight after you take the dose. You should not drive straight away after taking diazepam or if it makes you sleepy. Drowsiness is more likely to happen if you are taking other medicines that cause sleepiness. Please tell your doctor or pharmacist about other medicines you are taking.

Occasionally, you may also experience light headedness (dizziness) and a dry mouth. If you do experience light headedness, this will usually pass on its own but if it does not, tell your doctor or pharmacist.

Drinking alcohol may also make these side effects worse.

What other information should I know about this medicine?

Each tube should be used once only. It should be used at once after opening the foil.

Wash your hands after giving the medicine.

Your medication needs to be kept in a safe place out of the reach of children.

It needs to be stored in the original container. Return unused medication to a pharmacy.