Diazepam (Valium)

Diazepam is a member of the benzodiazepine family. It acts as a sedative, an anticonvulsant, and a skeletal muscle relaxant.

Indications and Administration:

1. Status epilepticus or major motor seizure.
   a. **Adult** - 5 to 10 mg IV. Each 5 mg should be given over at least 1 minute. May be repeated every 10-15 minutes.
   b. **Pediatric** – 0.2 to 0.5 mg/kg IV. Each dose should be given over at least 1 minute. May be repeated every 15-30 minutes. Alternately, 0.3 to 0.75 mg/kg given rectally.
2. Sedation (for cardioversion, transcutaneous pacing, and post RSI)
   a. **Adult** – 5 to15 mg IV, titrate to effect. Doses after the first 5 mg should be in 2.5mg increments given over 30 seconds, spaced 1 minute apart.
   b. **Pediatric** – 0.04 to 0.2 mg/kg IV, titrate to effect. Doses after the first should be given in increments of half the original dose, over 1 minute and spaced 2 minutes apart.
3. Muscle relaxation in orthopedic injuries.
   a. **Adult** – 2.5 to 10 mg IV slow push, titrate to effect.
   b. **Pediatric** – 0.04 to 0.2 mg/kg slow IV push, titrate to effect.

Notes:

1. Patient must be monitored closely for respiratory depression and even respiratory arrest may occur. Diazepam should be given only when a bag valve mask is immediately at hand and the patient is on O_2 and cardiac monitor.
2. Diazepam is most likely to produce respiratory depression in patients who have taken other depressant drugs such as alcohol, barbiturates, and other “sleeping pills”.
3. Common side effects include drowsiness, dizziness, fatigue, and ataxia. Paradoxical excitement or stimulation sometimes occurs.
4. Diazepam is poorly absorbed through IM, IO, and MAD.