



Many seizures will stop on their own. Some seizures need help to stop and may cause problems if they continue too long.

## When do I give Paraldehyde?

As well as this leaflet you should have had training on when and how to give Paraldehyde. Paraldehyde may be given into the bottom (rectum) of a child or young person with epilepsy who has:

- a generalised convulsive seizure lasting more than 5 minutes. (*These are seizures where the child does not respond, continues to be stiff and may jerk their arms and legs*). **OR**
- a pattern of convulsive seizures that stop then start again straight away without recovering in between and together go on longer than 5 minutes.

## How do I store Paraldehyde?

Paraldehyde does not need to be stored in the fridge. Further details about storage can be found in the instruction leaflet supplied with the medication. Keep it out of reach of children. Check the expiry date before using. Rectal paraldehyde is a single dose only and a new bottle will be required for each dose. If you are going out with your child, please remember your Paraldehyde. School or other carers may also need to keep some and they will need training. Do not use solution if it is brown, smells of vinegar or if it is past its expiry date.

## How often can I use it?

It is advisable that you allow at least 6 hours after recovery before giving another dose unless your doctor has given you a different plan.

## How do I measure the correct dose?

1. The dose is usually based on weight and so is different for every patient.
2. The paraldehyde comes ready diluted in olive oil.
3. The dose will be written in your child's individual emergency care plan.

## What equipment will I need?

1. Bottle of pre-mixed Rectal Paraldehyde
2. Disposable gloves
3. Syringe
4. Quill (a small plastic tube)
5. Lubricating Gel.

## How do I give the Paraldehyde?

1. Wash hands and put on gloves.
2. Attach the syringe and quill, ensuring a snug fit.
3. Draw up the required volume of the rectal paraldehyde solution.

4. Dip the end of the quill in some lubricating gel.

The preparation should be given immediately after drawing up as the rectal paraldehyde solution can cause some degeneration of the syringe / quill.

5. Place your child into a suitable position, for example, on their side, or a small child could lie across your knee.
6. Insert the quill into your child's bottom. You should be advised as to how far this should be inserted.
7. Whilst inserted, push the plunger of the syringe gently to empty the fluid into the child's bottom.
8. Slowly remove the quill/ syringe and squeeze the child's buttocks together for about five minutes.
9. Remove the gloves and wash your hands.
10. Dispose of the gloves, quill and syringe in the normal household waste.

## Does it work straight away?

Paraldehyde can take 5 to 10 minutes to work and most children will sleep for a while after the seizure has finished. They should be placed on their side during this time. If the child opens their bowels after the rectal paraldehyde solution has been given, do not repeat the dose, as it will be difficult to know how much has already been absorbed.

## Do I need to call '999'?

- If you are using Paraldehyde for the first time, call an ambulance straight after giving the dose. Some carers may wish to wait until the ambulance arrives on the very first occasion before giving the dose.
- If your child has had Paraldehyde and is still having a seizure 10 minutes after giving the dose, **OR** if your child appears to have any difficulty breathing or stops breathing, **call an ambulance.**

## Are there any side effects?

Paraldehyde generally causes the breath to smell, it can also cause soreness around the bottom. It can also cause drowsiness. Very rarely it may cause headaches or rashes.

## Is it safe to give if my child is taking other medicines?

Yes.

## Disclaimer

Some children have their own individual emergency plan which may differ from this leaflet. If you have any questions, please ask your doctor or specialist nurse.