

YOUR HEALTH

MANAGING SEIZURES (FITS) IN PALLIATIVE CARE



You have been given this leaflet because you have had, or are at risk of a seizure (fit).

This leaflet provides information on first aid steps in the event of a seizure and the use of medication(s) which may be prescribed to take at home, for example midazolam liquid (Buccolam), following or during a seizure. Although originally designed for children, Buccolam is also used in adults as an alternative to injections and rectal preparations.

More detailed information about any prescribed medication is provided in the patient information leaflet which accompanies the packaging. Medication should be used only as directed by the prescriber (doctor or specialist nurse) for the person to whom it is prescribed.

If a seizure occurs:

- Stay calm
- Make the patient area safe
- Note the time
- Cushion the head of the patient
- Don't hold the patient down or put anything in their mouth
- Once the fit has stopped, put them in the recovery position
- Stay with the patient until they have fully recovered



Remember: you can call SinglePoint at any time for support if needed.

Many seizures will stop on their own within 5 minutes. If they continue longer than this, or if a patient has another seizure without recovering in between then prescribed medication, such as Buccolam, should be given.

Information about liquid midazolam (Buccolam)

What is Buccolam?

Buccolam (buccal midazolam) is a liquid medication given into the cheek, which is used to stop seizures.

When do I give Buccolam?

It can be given when a person has a seizure lasting more than 5 minutes or when they have more than 1 consecutive seizure with no recovery in between.

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What is the correct dose?

The usual prescribed dose for adults is 10mg. A 10mg dose is indicated by a RED cap on the syringe.

This must be removed before giving the drug to avoid a risk of choking.

The dose will be written on the side of the syringe.

How quickly does Buccolam work?

It usually works within 5-10 minutes.

Most people will sleep after the seizure has stopped. They should remain on their side during this time.

How often can I use it?

Follow the instructions given by the prescriber.

Are there any side effects?

Buccolam can make some people sleepy or restless. It may rarely slow breathing down.

When do I need to seek further help?
If the person appears to have difficulty breathing or stops breathing – CALL 999.

If they are still fitting 10 minutes after giving Buccolam ring for further advice – this could be from your GP, specialist community nurse or via SinglePoint. SinglePoint can be contacted on (01206) 890360.

Always store Buccolam in its plastic tube safely out of reach of children.

Ensure you take Buccolam with you if you are going out.

Administration in an emergency

Check the dose and expiry date of the pre-filled syringe provided.

Buccolam® should be given by the oromucosal (buccal) route. The buccal cavity is the space between the gum and cheek.

- Remove the syringe from its protective plastic tube. Remove the syringe cap before use to avoid risk of choking.
- Do not attach a needle to the syringe. Buccolam® must NEVER be injected.
- The full amount of solution should be squeezed slowly into the space between the gum and the cheek (as shown).
- Give approximately half the dose slowly into one side of the mouth, then give the remainder slowly into the other side.

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- The dose must not be administered below the tongue since the teeth may clamp shut and break the syringe in the mouth.
- In some situations, it may be possible to administer a second dose of Buccolam® if symptoms persist after the first dose. The pharmacy label will state whether a further dose is permitted, and your medical team should advise before discharge.
- Remain lying down for at least an hour after administration.
- Dispose of the syringe safely.

Discussed with (healthcare professional):

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Date:

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