

Rectal Diazepam (Valium®)

Why is this medication prescribed?

- Rectal diazepam is a medication prescribed to help manage pain in the pelvic region.
- As a suppository, it is absorbed through the rectal tissue, helping to relax muscles in the pelvic area that may be contributing to pain and discomfort.

Considerations

Rectal diazepam may be prescribed as:

- **A compounded rectal suppository** (no commercially available product currently exists)
- **An oral tablet for rectal use**

Your care provider will discuss the options with you and recommend the form that is most appropriate for you. Should you choose the compounded rectal suppository option, our team can assist with finding a compounding pharmacy in Southwestern Ontario that can prepare this medication.

How to insert a rectal suppository

If you have been prescribed a diazepam 5 mg rectal suppository, it should be inserted rectally at night for up to two weeks, following the steps below:

1. Wash your hands with soap and water. If desired, you may use a disposable glove.
2. If the suppository is soft before removing the wrapper, hold it under cool water or place it in the refrigerator for a few minutes to harden it.
3. Remove the wrapper on the suppository.
4. Lubricate the suppository tip with a water-soluble lubricant such as K-Y Jelly®. If you do not have a water-soluble lubricant, moisten your rectal area with cool tap water. **Do not use petroleum jelly like Vaseline® as a lubricant.**
5. Lie on your side with your lower leg straight and your upper leg bent forward toward your stomach.
6. Lift your upper buttock to expose the rectal area.
7. Insert the pointed end of the suppository first, using your finger, until it passes the muscular sphincter of the rectum – about one inch in for adults.
8. Hold the buttocks together for a few minutes.
9. Discard all used materials and wash your hands thoroughly.



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How to insert an oral tablet rectally

If you have been prescribed an oral diazepam tablet for rectal use, follow the same steps as above nightly, for two weeks **except for step #2** as the oral tablet does not need to be cooled or hardened before insertion.

How fast does this medication work?

It may take up to an hour and a half for you to notice the pain-relieving effect of rectal diazepam.

What if I forget a dose?

- Take the missed dose as soon as you remember, unless it is almost time for the next dose. If it is almost time for your next dose, skip the missed dose and continue your regular dosing schedule.
- **Do NOT** take two doses or take an extra dose to make up for a missed dose.

What side effects can this medication cause?

Like all medications, rectal diazepam can cause side effects. Most side effects are mild, but some can be more serious. The most common side effects include:

- Drowsiness
- Rectal irritation (burning or itchiness)

In addition, using diazepam for longer than prescribed can lead to tolerance, meaning the medication may become less effective over time.

Your care provider has prescribed this medication because they have determined that the benefits outweigh the risks. Many people who use this medication do not experience serious side effects. If you have concerns about side effects or how the medication is affecting you, speak with your prescriber or pharmacist.

How should I store this medication?

- Keep the medication in its original packaging/wrapper it came in and keep it tightly closed.
- Store at room temperature, away from heat and moisture (i.e., avoid storing it in the kitchen or bathroom).
- Keep this medication out of reach of children and pets.
- If at any point in the future this medication is stopped by your doctor, return any unused supply to your community pharmacy for safe disposal.