

# Seizure Rescue Medication

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Seizures can be harmful if they do not stop. Rescue medications can shorten a convulsive seizure or a cluster of frequent small seizures. Rescue medications can also help you manage typical seizures at home without needing emergency medical treatment. If your child's seizure appears different or you feel uncomfortable with their rescue medication, you can always call 911.

## **How will I know if my child needs rescue medication?**

Your child's neurology health team will discuss seizure rescue medication with you and your child. Your child may need rescue medication if they have convulsive seizures, prolonged seizures that do not stop on their own, or clusters of seizures that happen multiple times within a short period.

Rescue medications may also be important for children living far away from emergency services.

They may also be prescribed if there is concern for increased risk for seizures based on an electroencephalogram (EEG), even if your child has not had a seizure in the past.

## **What are the options for seizure rescue medications?**

There are several options for seizure rescue medications. All the options will be discussed with your child's neurology provider. They will evaluate your child's age, type of seizures, other medications, and side effects and will discuss different options that will work best for your child's lifestyle.

## **How do I talk to other caregivers about my child's rescue medication?**

Your child's care team will complete a detailed seizure action plan for your child. This document can be given to other caregivers, school administrators, school nurses, and family members. We encourage you to make copies and share this with anyone else who may help care for your child. This will provide information about basic seizure first aid; when and how much rescue medication to give; and any other other interventions that may be needed during a seizure, such as using the magnet for a vagal nerve stimulator (VNS).

## **Information to Remember about Rescue Medications**

- **There are frequent advancements made in seizure rescue medications.** Talk to your child's neurology provider about any new rescue medication options. It is important to tell them if you feel uncomfortable giving your child their prescribed rescue medication or have questions about when to give it.
- **Rescue medications have an expiration date.** You should be aware of any expiration dates. If your child's rescue medication comes in multiple dose packages, make sure to note the expiration date for each dose if divided between locations.
- **Rescue medications should be kept in appropriate environments.** Many medications lose the ability to work if left in extreme temperatures (e.g., freezing or extremely hot). This includes medication left in hot cars during summer. Ask your pharmacist for particular recommendations on where to keep rescue medications.
- **Follow the directions** closely for giving your child's rescue medication, and ask your child's medical provider any questions about how and when to give the medication.

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If you are concerned about not being able to obtain your child's rescue medication, call your child's medical provider immediately.

## **What do I do if the rescue medication does not stop the seizure?**

If the seizure does not resolve after you administer rescue medication, you should keep your child safe and call 911. In some cases, an extra dose of rescue medication can be given if your child's seizure does not resolve after the first dose. This option should be discussed with your child's neurology provider, and if appropriate, instructions will be given to you on how and when to give more medication.

## **Resources and References:**

<https://www.epilepsy.com/get-help/seizure-first-aid>

<https://www.epilepsy.com/preparedness-safety/staying-safe>