



Alternative to Rectal Diazepam (DIASTAT)

Dear Parent/Guardian,

Students with epilepsy can face unique challenges at school, especially during seizure emergencies. We want to partner with you to ensure your child has safe, timely access to appropriate rescue medication.

Many families know rectal diazepam (DIASTAT), which is effective but requires partial undressing; often difficult in a school setting where privacy and time matter. FDA-approved nasal spray options are now available and may be more practical for use at school.

VALTOCO (diazepam nasal spray) is an FDA-approved nasal spray for the emergency management of patients with epilepsy aged 2 years and older. Because it is administered intranasally, school staff can deliver it quickly and discreetly (without the need for undressing), allowing treatment to begin promptly. Furthermore, Studies show that intranasal diazepam effectively stops seizure clusters, is consistently effective and generally well tolerated, and preferred over rectal diazepam.

Another FDA-approved nasal rescue option is **NAYZILAM** (midazolam nasal spray), indicated for patients aged 12 years and older.

While DIASTAT remains an appropriate option for many students, we encourage you to speak with your child's healthcare provider about whether a nasal rescue medication may better support timely administration at school.

Please know this letter is not intended to recommend one specific medication or to replace medical guidance. Our goal is simply to share information that may help you advocate for your child's safety, comfort, and dignity at school.

If you would like to discuss your child's seizure action plan or have any questions, please contact the school nurses directly at (951) 234-3776.

Sincerely,

The Springs Charter Credentialed School Nurse Team