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Medication: Diazepam

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What for: treat anxiety, relieve muscle spasms, treat symptoms of acute alcohol withdrawal, treat tetanus

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Mechanism of action: GABA stops excitement which helps regulate emotion

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Expected response: feel less anxious, stop seizure activity, control emotion

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Assessment data to review: do not take if pregnant, do not breastfeed if this medication is taken, do not increase the dosage or take longer than needed, do not take to relieve everyday stress, mix medication with a drink or food, do not stop taking medication all of a sudden

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Red flags/relevant data: physical and psychological dependence, frequency or severity of seizures, paradoxical and psychiatric reactions in children and older adults

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Safe dose: orally (2-10mg adults) (1-2.5mg children 6 mo and older)

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Route medication is given: orally, intravenously, intranasal, intramuscularly

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Generic/brand name: valium

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Pharmacologic class: benzodiazepine

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Therapeutic class: anticonvulsant, anxiolytic, sedative-hypnotic, skeletal muscle relaxer

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Side effects: anterograde amnesia, confusion, depression, dizziness, drowsiness, fatigue, headache, insomnia, slurred speech, tremor, vertigo, hypotension, tachycardia, anorexia, constipation, diarrhea, jaundice, nausea, vomiting, urinary incontinence, urine retention, blurred vision, diplopia, dry mouth, increased saliva

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### References

*2024 NDH Nurse's Drug Handbook.* (2024). . Jones & Bartlett Learning.

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