# Clinical Guideline

## ANTI-EPILEPTICS FOR NIL BY MOUTH (NBM) PATIENTS

### SETTING
Bristol Royal Hospital for Children (BRCH)

### FOR STAFF
Nursing & medical staff

### PATIENTS
For nil by mouth (NBM) patients who are on anti-epileptics

## GUIDANCE

Please note this is general advice. Each patient should be considered individually as to when oral medication can resume & get advice from paediatric neurology if necessary, in a timely fashion.

For intravenous preparations see the MEDUSA intravenous monographs.

<table>
<thead>
<tr>
<th>Medication</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbamazepine</td>
<td>Switch to PR - increase dose by 25%, then round dose to nearest suppository size. Suppositories available in 125mg &amp; 250mg sizes. [Max dose by rectum 250mg qds]. <strong>Note:</strong> oral liquid has been used rectally diluted, should be retained for at least 2 hours but may have a laxative effect¹,².</td>
</tr>
<tr>
<td>Clozapam</td>
<td>No alternative. Speak to paediatric neurology for advice.</td>
</tr>
<tr>
<td>Clonazepam</td>
<td>Speak to paediatric neurology for advice. IV preparation is discontinued. Can be administered rectally in acute situations. Oral solution undiluted (0.02- 0.1mg/kg)²,³.</td>
</tr>
<tr>
<td>Ethosuximide</td>
<td>No alternative. Speak to paediatric neurology for advice.</td>
</tr>
<tr>
<td>Gabapentin</td>
<td>No alternative. Poor absorption rectally. Speak to paediatric neurology².</td>
</tr>
<tr>
<td>Lacosamide</td>
<td>Switch to IV at the same as the oral dose⁴,⁵.</td>
</tr>
<tr>
<td>Lamotrigine</td>
<td>Switch to PR -dispersible tablets dissolved in water and given rectally at the same dose as oral dose. Speak to paediatric neurology²,⁶.</td>
</tr>
<tr>
<td>Levetiracetam</td>
<td>Switch to IV at the same as the oral dose⁷.</td>
</tr>
<tr>
<td>Nitrazepam</td>
<td>No alternative. Speak to paediatric neurology for advice.</td>
</tr>
<tr>
<td>Oxcarbamazepine</td>
<td>Consider switch to Carbamazepine PR. Check for any contra-indications to carbamazepine e.g. rash. Reduce oxcarbamazepine dose by one third to oral carbamazepine. Then to convert from oral carbamazepine to carbamazepine PR increase by 25%. [Max dose by rectum 250mg qds]. Speak to paediatric neurology⁴.</td>
</tr>
<tr>
<td>Perampanel</td>
<td>No alternative. Speak to paediatric neurology for advice.</td>
</tr>
<tr>
<td>Phenobarbitone</td>
<td>Switch to IV at the same as the oral dose. Injection may be given rectally undiluted, at the same as the oral dose².</td>
</tr>
<tr>
<td>Phenytoin</td>
<td>Switch to IV at the same as the oral dose².</td>
</tr>
</tbody>
</table>

¹,²,³,⁴,⁵,⁶,⁷ Please refer to the MEDUSA intravenous monographs for further information.
**RUFINAMIDE** - No alternative. Speak to paediatric neurology for advice.

**SODIUM VALPROATE** - Switch to IV the same as the established oral dose. If the IV preparation is unavailable, the suspension may be used rectally at the same oral dose and diluted with water & retained for 15 minutes\(^1,2\).

**TOPIRAMATE** - Switch to PR -tablets dissolved in water and given rectally, the same as the oral dose. Speak to paediatric neurology for advice\(^8,9\).

**VIGABATRIN** - Switch to PR. Dissolve the contents of sachet in a small amount of water and administer rectally. Use the same as the oral dose. Speak to paediatric neurology for advice\(^1,2\).

**ZONISAMIDE** - No alternative. Speak to paediatric neurology for advice.

**Note:** It is important that all these patients have their rescue medication prescribed and available on the ward. [E.g. Midazolam buccal needs to be ordered in the CD book on the ward].

For patients requiring rectal medication, there are quills that are available from EROS with the following code:

EROS FTR2048 MN5 MIXING NEEDLE KWILL 127MM STERILE WITH MOULDED Luer FITTING AND TAPERED DISTAL END.

**REFERENCES**

1. BNF for Children 2017-2018
2. Guy’s and St. Thomas’ Paediatric formulary 9th Edition
3. Clonazepam summary of product characteristics(www.medicines.org.uk)
5. MEDUSA.(http://www.injguide.nhs.uk/IVGuideDisplay.asp)
7. Levitiracetam summary of product characteristics (www.medicines.org.uk)

**RELATED DOCUMENTS**

N/A

**AUTHORISING BODY**

Clinical Effectiveness Committee (CEC)

**SAFETY**

As per instructions.

**QUERIES**

Contact paediatric neurology team or paediatric ward pharmacist.