



## EMS System for Metropolitan Oklahoma City and Tulsa 2026 Medical Control Board Treatment Protocols



Approved 9/17/25, Effective 1/15/26, replaces all prior versions

### 16I – DIAZEPAM (VALIUM®)

#### PARAMEDIC

**Class:** Sedative; Anticonvulsant; Muscle Relaxant; Anxiolytic (Benzodiazepine)

**Actions/Pharmacodynamics:** Intermediate - acting benzodiazepine with central nervous system depressant, anticonvulsant, muscle relaxant, and anxiolytic effects. Like the other benzodiazepines, it has no effect on pain. Diazepam has considerably more muscle relaxant properties than midazolam, though no substantial amnestic effects as with midazolam.

**Indications:** Medication Assisted Intubation (2G)  
Post-intubation sedation - onset delay does not favor pre-intubation use  
Seizure (6D)  
(Midazolam preferred benzodiazepine due to faster onset of action)  
Dystonic Reactions (6F)  
Chemical Restraint (7C)  
(Midazolam preferred benzodiazepine due to faster onset of action)  
Poisonings - General Management (8A)  
Suspected stimulant toxicity = severe agitation, HTN, tachycardia, diaphoresis  
Head/Neck/Spine Injury (10A)  
Heat Illness (11A)

**Contraindications:** Patients with intolerance to benzodiazepines, acute narrow - angle glaucoma, shock, or coma. Caution with use in patients with COPD, chronic hepatic or renal failure, CHF, acute alcohol intoxication, and the elderly due to increased risk of respiratory depression.

**Pharmacokinetics:** Onset is 3-5 minutes, IVP/IOP; 15-30 minutes IM with erratic absorption, mandating IM dosing only utilized as a last option in adults; peak effects in 15-45 minutes. Duration is 2+ hours IVP/IOP/IM; half – life can reach 20 – 50 hours.

**Side Effects:** Headache, euphoria, drowsiness, excessive sedation, confusion, dizziness, blurred vision, diplopia, nystagmus, respiratory arrest, hypotension, nausea, vomiting.

**Dosage:** **Medication Assisted Intubation (Post Intubation Sedation) - Adult (2G)**  
0.1 mg/kg to max 5 mg IVP/IOP, may repeat once if systolic BP > 100 mmHg

**Seizure - Adult (6D)**

**Head/Neck/Spine Injury - Adult (10A)**

**Heat Illness - Adult (11A)**

5 mg IVP/IOP or 10 mg IM for active seizure  
May repeat once in 5 minutes if still seizing.



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### **PROTOCOL 16I: Diazepam (Valium®), cont.**

#### **Dosage, cont.:**

##### **Seizure - Pediatric (6D)**

##### **Head/Neck/Spine Injury - Pediatric (10A)**

##### **Heat Illness - Pediatric (11A)**

0.1 mg/kg to max 5 mg IVP/IOP/IM for active seizure

May repeat once in 5 minutes if still seizing.

##### **Dystonic Reactions - Adult (6F)**

5 mg IVP

##### **Dystonic Reactions - Pediatric (6F)**

0.1 mg/kg to max 5 mg IVP/IM

##### **Chemical Restraint - Adult (7C)**

5 mg IVP/IOP or 10 mg IM

##### **Chemical Restraint - Pediatric (7C)**

0.1 mg/kg to max 5 mg IVP/IOP/IM

##### **Poisoning - General Management (Suspected Stimulant Toxic) - Adult (8A)**

2.5 mg - 5 mg IVP

##### **Poisoning - General Management (Suspected Stimulant Toxic) - Pediatric (8A)**

**\*\*OLMC Order Only**

#### **How Supplied:**

10 mg/2 mL in vials, ampules, or pre-filled syringes.

(Always check concentration and dose per container at time of patient medication administration)