



# 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

## 16J – DILTIAZEM (CARDIZEM®)

### PARAMEDIC

**Class:** Calcium Channel Blocker

**Actions/Pharmacodynamics:** Diltiazem is a slow calcium channel blocker with pharmacologic actions similar to those of verapamil. It inhibits calcium ion influx through slow channels into cells of myocardial and arterial smooth muscle (both coronary and peripheral blood vessels). As a result, intracellular calcium remains at sub-threshold levels insufficient to stimulate cell excitation and contraction. Diltiazem slows SA and AV node conduction (antidyshhythmic effect) without affecting normal atrial action potential or intraventricular conduction.

**Indications:** Tachycardia - Stable (5F)  
Sustained narrow-complex tachycardia > 150 bpm in adults  
with systolic BP  $\geq$  100 mmHg  
**\*\*OLMC Order Only**

**Contraindications:** Known hypersensitivity to diltiazem  
2nd/3rd degree AV Blocks (may induce asystole)  
Known Wolff-Parkinson-White Syndrome (may increase heart rate)  
Known Sick Sinus Syndrome (may induce asystole)  
Hypotension  
Bradycardia

Safe use in pregnancy and in children has not been established. Use with caution in CHF (especially if patient is also receiving a beta-blocker), conduction abnormalities, renal or hepatic impairment and the elderly due to exaggerated degree of effect.

**Pharmacokinetics:** Onset is 3 minutes; peak effect in 7 minutes; duration is 1-3 hours; half-life is 2 hours.

**Side Effects:** Headache, fatigue, dizziness, dysrhythmias, 2nd/3rd degree AV block, bradycardia, CHF, hypotension, syncope, palpitations.

**Dosage:** **Tachycardia - Stable - Adult (5F)**  
Sustained narrow-complex tachycardia > 150 bpm in adults  
with systolic BP  $\geq$  100mmHg  
**\*\*OLMC Order Only**  
Usual adult dose is 0.25 mg/kg slow IVP over 2 minutes

**How Supplied:** 25 mg in 5 mL vial (5 mg/mL)  
(Always check concentration and dose per container at time of patient medication administration)