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PSYCHIATRY

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PATIENT EDUCATION

Midazolam

Nayzilam rescue nasal spray / Supervised procedural formulations

A guide for adults taking midazolam.
Follow the directions on your prescription and your provider's recommendations.

NASAL RESCUE: NOT DAILY | BREATHING TROUBLE: CALL 911

Formulations: Nasal rescue spray, injectable, and other supervised formulations are not interchangeable. This adult guide emphasizes the prescribed rescue plan and procedural safety.

What it is used for

Midazolam is used for sedation during medical procedures and, in specific formulations, for seizure rescue. Nayzilam nasal spray treats prescribed seizure clusters. It is not a routine daily anxiety or sleep treatment.

How it works

It strengthens the effect of GABA, a calming brain messenger. This can stop seizure activity or produce sedation, while also affecting memory, coordination, and breathing.

What to expect over time

Rescue treatment is intended to work during a seizure cluster. Follow the emergency plan if seizures continue. After procedural sedation, effects on judgment and coordination may outlast the obvious sleepiness.

Taking your medication

- Caregivers should learn the device and written seizure plan before an emergency. Do not test or prime a Nayzilam device.
- Nayzilam: use one prescribed spray in one nostril. A second spray in the other nostril may be given after 10 minutes only if the plan permits.
- Do not give a second dose if breathing is impaired or sedation is unusually excessive. Call emergency services.
- Do not use more than two doses for one episode. Label limits are one episode every three days and five episodes monthly; report more frequent clusters.

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Side effects and safety

Possible side effects

- Sleepiness, slowed reactions, or fatigue
- Dizziness, poor balance, or falls
- Memory problems or difficulty concentrating

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Watch for daytime sedation, falls, memory changes, and breathing problems. Older adults and people taking other sedatives may be more sensitive.

Physical dependence can develop with regular use. Sudden stopping or a rapid reduction can cause severe withdrawal, including seizures. Dependence is different from addiction, but misuse and addiction are also possible.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss sleep apnea, lung disease, liver or kidney disease, glaucoma, falls, and any history of substance use problems. Tell your provider about all opioids and other sedatives.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Combining a benzodiazepine with an opioid can cause profound sedation, slowed breathing, coma, or death. Use such combinations only under a specifically reviewed treatment plan.

Avoid alcohol. Sleeping pills, sedating antihistamines, muscle relaxants, and other sedatives can increase impairment and breathing risks.

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Living with your treatment

When to get help

Emergency symptoms. Call 911 for slow or difficult breathing, inability to wake, collapse, or a seizure. Severe confusion or hallucinations after reducing or stopping may be dangerous withdrawal.

Prompt medical advice. Contact your provider promptly for repeated falls, marked memory problems, unusual aggression, or needing more medication to get the same effect.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

When should a caregiver call 911?
Follow the seizure action plan. Call for breathing difficulty, a prolonged or unusual seizure, failure of rescue treatment, or other specified emergency signs.

Can I drive after a procedure?
Follow the facility's discharge instructions and arrange a responsible adult escort. Do not drive while impaired.

Everyday tips

Keep rescue medicine accessible to trained caregivers, within its expiry date.

Tell procedural teams about opioids, alcohol, and medicines that inhibit CYP3A, including certain antibiotics and antifungals.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

Official prescribing information: midazolam

MedlinePlus: midazolam

Educational handout; does not replace your prescription or provider's recommendations.