Diltiazem (Cardizem)

MEDICATION

THE DRUG

Class: Calcium Channel Blocker

Mechanism: Inhibits inflow of calcium ions into cardiac muscle during depolarization; reduced intracellular calcium increases smooth muscle relaxation, causing arterial vasodilation and decreased blood pressure

USE IT FOR

- PSVT
- Atrial fibrillation with RVR
- Atrial flutter with RVR

DON'T GIVE / CAUTION

- Heart blocks; conduction disturbances; WPW
- CHF with pulmonary edema
- Do not give to patients receiving IV beta blockers

DOSE

Adult: 1st dose: 0.25 mg/kg IVP over 2 min, max 1st dose 20 mg

Peds: Not stated on original page

Repeat: 2nd dose, 15 min after the 1st and if SBP >100: 0.35 mg/kg slow IV push over 2 min, max 2nd dose 25 mg

WATCH FOR

- GI: nausea, vomiting
- Cardiac: hypotension, bradycardia, dizziness

PEARLS

- DO NOT HANG AS A DRIP
- Obtain a 12-lead before administration
- Prep: the bag is 100 mg/100 mL, or 1 mg/mL
- Pull the plunger inside the Add-Vantage pack to reconstitute

Take Home Message:

Diltiazem is a push, never a drip: 0.25 mg/kg over two minutes for PSVT or AF/flutter with RVR — get the 12-lead first.