NEWBORN USE ONLY
GIVEN ON DOCTORS ORDER ONLY

DEXAMETHASONE

DESCRIPTION
A synthetic adrenocorticosteroid with potent long-acting glucocorticoid activity. It has little if any mineralocorticoid activity. Dexamethasone has anti-inflammatory and immunosuppressant activity. It potentially improves lung function and myocardial performance. Pulmonary oedema is reduced along with relaxation of bronchospasm.

USE
1. Severe and high risk of chronic lung disease
2. Prevention and management of post-extubation stridor

PRESENTATION
4mg/1ml vial
0.5mg/ml suspension

DOSE
1. Chronic lung disease
   10 days regime
   0.15 mg/kg/day in 2 divided doses for 3 days followed by
   0.10 mg/kg/day in 2 divided doses for 3 days followed by
   0.05 mg/kg/day daily for 2 days followed by
   0.02 mg/kg/day daily for 2 days
   Higher doses up to 0.25 mg/kg/day and/or longer duration is the discretion of the treating neonatologist.

2. Post extubation stridor
   0.25 mg/kg/dose 4 hours prior to extubation and 8 hourly for a total of up to 3 doses.

ROUTE
IV injection, IM injection, oral

RECONSTITUTION
Add 1ml (4mg) of dexamethasone to 19ml of 0.9%sodium chloride to make a 0.2mg/ml solution.

ADMINISTRATION
Slow IV bolus injection using the proximal IV bung

STORAGE
Discard unused portion.

MONITORING
Dextrostix, urinalysis, serum electrolytes, blood pressure and gastric pH

ADVERSE EFFECT
ACUTE
Hyperglycemia, glycosuria
Hypertension
GI bleeding, gastric perforation

INTERMEDIATE
Infection
Growth failure
Adrenal suppression
Cardiomyopathy

LATE
Impaired neurodevelopmental outcome

COMPATIBLE FLUIDS
5%dextrose, 10%dextrose, 0.9%sodium chloride

TERMINAL INJECTION SITE COMPATIBILITY
acyclovir, amikacin, aminophylline, aztreonam, cimetidine, famotidine, fluconazole, frusemide, heparin, hydrocortisone, lidocaine, lorazepam, meropenem, metoclopramide, morphine, nafcillin, netilmicin, potassium chloride, propofol, prostaglandin E1, ranitidine, sodium bicarbonate, zidovudine.

INCOMPATABILITY
midazolam, vancomycin.
DEXAMETHASONE cont.

REFERENCE


