

## G. Dexamethasone (Decadron®)

- I. Classification
  - Corticosteroid
- II. Actions
  - Potent synthetic member of the glucocorticoid class of steroid drugs that has anti-inflammatory and immunosuppressant effects. It is 25 times more potent than cortisol in its glucocorticoid effect, while having minimal mineralocorticoid effect.
- III. Indications
  - Asthma
  - Croup
- IV. Contraindications
  - Hypersensitivity
- V. Adverse effects (with systemic use and larger than guideline dosages)
  - A. Cardiovascular
    - Cardiac arrest, cardiac arrhythmias, hypotension or hypertension.
  - B. Gastrointestinal
    - Peptic ulcer with possible perforation and hemorrhage, gastric hemorrhage, pancreatitis, esophagitis, perforation of the bowel, transient nausea, vomiting or dysgeusia (with rapid administration of large doses).
  - C. Musculoskeletal
    - Steroid myopathy, muscle weakness, osteoporosis, pathologic fractures, vertebral compression fractures, aseptic necrosis of femoral and humeral heads, tendon rupture--particularly of the Achilles tendon.
  - D. Fluid and Electrolyte Disturbances
    - Sodium retention, fluid retention, hypertension, potassium loss, hypokalemic alkalosis, diuresis, sodium excretion, congestive heart failure in susceptible patients.
- VI. Administration
  - Pediatric
    - 0.6 mg/kg PO/IM/IV, Max dosage of 10 mg