





ADULT Medication Monograph

DEXAMETHASONE

This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	Tablet: 500microg, 4mg Oral Solution: 1mg/L (50mL) Vial: 4mg/mL
Dose	<u>Nausea and Vomiting (4th line)</u> Oral: 4 - 8mg in the morning and at midday <u>Pain as adjuvant in palliative care</u> Oral/IV/IM: Use lowest effective dose for as short a time as possible
Administration	<u>Oral</u> Take in the morning after food. If given at night, may cause sleep disturbance <u>IV injection</u> Inject slowly over at least 3 minutes <u>IV infusion</u> Step 1 Dilution: dilute dose in 100mL of glucose 5% or sodium chloride 0.9% Step 2 Administration: Infuse over 15 minutes. <u>IM injection</u> Inject into the gluteal muscle <u>Subcutaneous</u> Suitable in palliative care as intermittent injection or continuous infusion
Pregnancy	1st Trimester: Consider alternative 2nd Trimester: Safe to use 3rd Trimester: Safe to use

Breastfeeding	Considered safe to use
Monitoring	Measure blood glucose, electrolytes, lipids, weight and BP at baseline, then monitor regularly during treatment. Watch for signs/symptoms of infection, however, these may be masked.
Clinical Guidelines and Policies	KEMH Clinical Guideline: Gynaecology: Palliative Care
References	<p>Australian Medicines Handbook. Dexamethasone. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2018 [cited 2018 Jul 06]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Dexamethasone. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2018 Jul 06]. Available from: https://thewomenspbmg.org.au/</p> <p>Society of Hospital Pharmacists of Australia. Dexamethasone. In: Australian Injectable Drugs Handbook [Internet]. [St Leonards, New South Wales]: Health Communication Network; 2018 [cited 2018 Jul 06]. Available from: http://aidh.hcn.com.au</p> <p>MIMS Australia. Dexamethasone Mylan Injection. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2015 [cited 2018 Jul 06]. Available from: https://www.mimsonline.com.au</p>

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