



**ADULT MEDICATION GUIDELINE**

**BETAMETHASONE**

**Scope (Staff):** All WNHS Staff

**Scope (Area):** Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

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**Medication Class**

Corticosteroids

**Presentation**

Form	Active Ingredient	Strength	Size
Ampoule	Betamethasone	5.7mg/mL	1mL
Cream	Betamethasone dipropionate	0.05%	15g
	Betamethasone valerate	0.02%	100g
	Betamethasone valerate	0.1%	30g
Ointment	Betamethasone dipropionate	0.05%	15g
	Betamethasone dipropionate in optimised vehicle (OV)	0.05%	30g
	Betamethasone valerate	0.1%	30g

**Storage**

Store below 25°C. Protect from light.

## Dose

### Prevention of respiratory distress syndrome in premature infants (Antepartum Use)

**Route: IM**

11.4mg (2 ampoules). Repeat dose in 24 hours

### Inflammatory Skin Conditions

**Topical:**

Apply enough to cover affected area(s) ONCE or TWICE daily. Smooth gently into skin.

## Administration

Refer to the Australian Injectable Drugs Handbook

## Monitoring

Topical corticosteroid preparations may produce striae or atrophy of the skin or subcutaneous tissue. If this occurs, treatment should be discontinued.

## Pregnancy

**1<sup>st</sup> Trimester:** Safe to use

**2<sup>nd</sup> Trimester:** Safe to use

**3<sup>rd</sup> Trimester:** Safe to use

## Breastfeeding

Considered safe to use

## Comments

Administration of a single course of antenatal corticosteroid therapy should be offered to all women between 23 to 36<sup>+6</sup> weeks gestation at risk of preterm delivery. Refer to [Clinical Guideline](#) for women with pre-existing diabetes and women with gestational diabetes and at risk of late preterm birth.

Intramuscular injections of corticosteroids should be given deep into large muscle masses to avoid local tissue atrophy

## Related Policies, Procedures & Guidelines

**WNHS Clinical Practice Guidelines:**

[Corticosteroids: Use of](#)

[Small for gestational Age \(GSA\) & Intrauterine Growth Restriction \(IUGR\): Management of Diabetes in Obstetrics and Gynaecology](#)

[Hypertension in Pregnancy: Medical Management](#)

[Rupture of Membranes – Spontaneous \(Previa, Preterm and Term\)](#)

[Hypertension in Pregnancy: Midwifery Care](#)

[Preterm Labour](#)

[Antepartum Haemorrhage](#)

[Fetal Intervention Procedures: medical Credentialing and Procedural Protocols \(Intranet\)](#)

[Multiple Pregnancy](#)

[Cholestasis in Pregnancy](#)

[Placenta Accreta Spectrum](#)

[Discomforts in Pregnancy: Common](#)

## References

Australian Medicines Handbook. Betamethasone. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2022 [cited 2022 Apr 25]. Available from: <https://amhonline.amh.net.au/>

National Institute for Health and Care Excellence (NICE). Preterm labour and birth: maternal corticosteroids. NICE guideline [NG25] 1.9 [Internet]. London: NICE; 2015 [updated 2019 Aug; cited 2022 Apr 25]. Available from: <https://www.nice.org.uk/guidance/ng25/chapter/Recommendations#maternal-corticosteroids>.

MIMS Australia. Betamethasone. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2022 [cited 2022 Apr 25]. Available from: <https://www.mimsonline.com.au>

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Society of Hospital Pharmacists of Australia. Betamethasone. In: Australian Injectable Drugs Handbook [Internet]. [St Leonards, New South Wales]: Health Communication Network; 2022 [cited 2022 Apr 25]. Available from: <http://aidh.hcn.com.au>

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