



## ADULT MEDICATION GUIDELINE

# Dexamethasone

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

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

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

### Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and  
Breastfeeding](#)

### Restrictions

[Formulary: Unrestricted](#)

### Medication Class

Corticosteroid

### Presentation

**Tablet:** 500 micrograms, 4mg

**Vial:** 8mg/2mL

**Eye drop:** 0.1% (5mL)

**Oral solution:** 1mg/mL (50mL)

### Storage

**Tablet:** Store at room temperature, below 25 °C.

**Vial:** Store at room temperature, below 25 °C. Protect from light.

**Eye drop:** Store at room temperature, below 25 °C. Discard contents 4 weeks after opening.

**Oral solution:** Refrigerate at 2 to 8 °C.

### Dose

#### **Palliative Care: Nausea and Vomiting**

In conjunction with other medications: 4 to 8mg in the morning and at midday.

**Prophylaxis of postoperative nausea and vomiting (PONV)**

**IV:** 4 – 8mg at induction of anaesthesia

**Immunomodulating Agent for Covid-19**

Refer to: [Quick Reference Medication Guide for current COVID-19 Therapies](#)

**Prevention of respiratory distress syndrome in premature infants (Antepartum Use) –  
if betamethasone unavailable**

**IM:** Give 12mg (3mL), repeat dose in 24 hours. Total of 2 doses given 24 hours apart.

**Administration**

**Parenteral:** refer to the [Australian Injectable Drugs Handbook](#)

**Oral:** Take the tablets or oral liquid with food to help reduce stomach upset. Best taken in the morning to minimise sleep disturbances or adrenal suppression.

**Eye drops:** Shake bottle well before using. No contact lenses should be worn.

**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.

Measure BMD at baseline if likely to require chronic treatment (>3 months) or repeat courses.

**Pregnancy**

**1<sup>st</sup> Trimester:** Consider alternative

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

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

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

**Breastfeeding**

Consider safe to use

**Related Policies, Procedures & Guidelines**

**WNHS Clinical Practice Guidelines:**[Palliative Care](#)[Quick Reference Medication Guide for current COVID-19 Therapies](#)**WNHS Pharmaceutical and Medicines Management Guidelines:**[Pre-operative Medication Management](#)**References**

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