



## EMS System for Metropolitan Oklahoma City and Tulsa 2024 Medical Control Board Treatment Protocols



Approved 11/08/24, Effective 1/15/24, replaces all prior versions

### 1600 – DEXAMETHASONE

#### PARAMEDIC

**Class:** Steroid

**Actions/Pharmacodynamics:** Dexamethasone is a long-acting synthetic adrenal corticosteroid with glucocorticoid activity. It exerts anti-inflammatory effects in the setting of inflammatory-mediated illness.

**Indications:** Dyspnea - Asthma (3C)  
Dyspnea - Chronic Obstructive Pulmonary Disease (3D)  
Dyspnea – Croup (3M)  
Acute Allergic Reactions (8D)  
Bee/Wasp Stings (8F)

**Contraindications and Precautions:** Known hypersensitivity to dexamethasone. In the setting of anaphylaxis, the only true contraindication is prior severe allergy (anaphylaxis) caused by dexamethasone.

**Pharmacokinetics:** Onset of action within 4-6 hours, may have effect for 4-5 days and reportedly up to as long as 10 days.

**Side Effects:** None expected immediately. May occasionally see any of the following effects with onset of action: euphoria, insomnia, confusion, psychosis, edema, hypertension, nausea/vomiting, hyperglycemia.

**Dosage:** **Dyspnea - Asthma - Adult (3C)**  
**Dyspnea - Chronic Obstructive Pulmonary Disease - Adult (3D)**  
**Acute Allergic Reactions - Adult (8D)**  
**Bee/Wasp Stings - Adult (8F)**  
10 mg IVP. Give IM if no IV access obtainable.

**Dyspnea - Asthma - Pediatric (3C)**  
**Dyspnea - Croup - Pediatric (3M)**  
**Acute Allergic Reactions - Pediatric (8D)**  
**Bee/Wasp Stings - Pediatric (8F)**  
0.6 mg/kg not to exceed 10 mg IVP. Give IM if no IV access obtainable.

**How Supplied:** 10 mg/mL in a 1mL single-use vial.  
(Always check concentration and dose per container at time of patient medication administration)