

PRODUCT MONOGRAPH

DECADRON

(dexamethasone tablets, MSD Std.)

Corticosteroid

MERCK SHARP & DOHME,  
CANADA LIMITED/LIMITEE,  
KIRKLAND (MONTREAL) QUEBEC.

DATE OF PREPARATION:  
JUNE 20, 1979

1201D

NAME OF DRUG

DECADRON

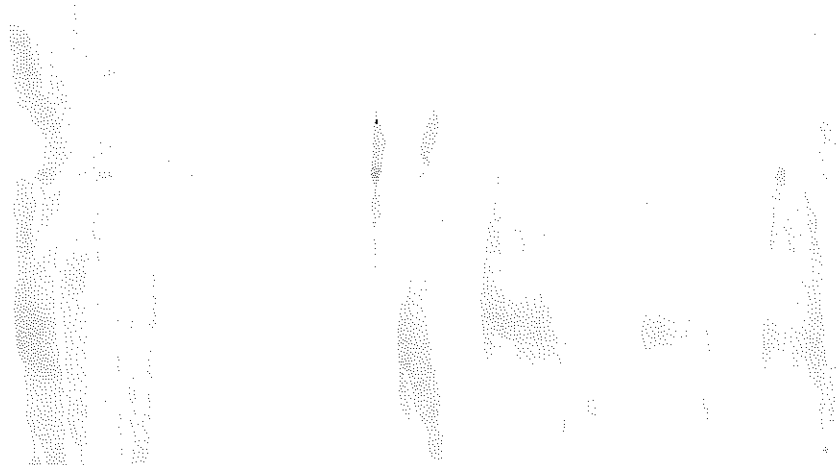
(dexamethasone tablets, MSD Std.)

THERAPEUTIC OR PHARMACOLOGICAL CLASSIFICATION

Corticosteroid

STRUCTURAL FORMULA AND CHEMISTRY

Dexamethasone



Molecular Formula:  $C_{22}H_{29}F_5$

Molecular Weight: 392.47

Chemical Name: 9-fluoro-11 $\beta$ ,17,21-trihydroxy-16 $\alpha$ -methylpregna-1,4-diene-3,20-dione.

Description:

Dexamethasone is a white to practically white, odorless, crystalline powder with a melting point of about 250°C (decomposition). It is very slightly soluble in water (0.1 mg per ml).

### ACTION

Dexamethasone possesses the actions and effects of other basic glucocorticoids; it is among the most active members of its class, and is used primarily for its potent anti-inflammatory effects. Glucocorticoids are adrenocortical steroids, both naturally occurring and synthetic, which are readily absorbed from the gastrointestinal tract. They cause profound and varied metabolic effects and, in addition, they modify the body's immune responses to diverse stimuli.

### INDICATIONS

#### 1. Allergic States

Control of severe or incapacitating allergic conditions not responsive to adequate trials of conventional treatment:  
Seasonal or perennial allergic rhinitis  
Bronchial asthma  
Laryngeal edema  
Contact dermatitis  
Atopic dermatitis  
Serum sickness  
Drug hypersensitivity reactions

#### 2. Rheumatic Disorders

As adjunctive therapy for short-term administration during an acute episode or exacerbation of:  
Psoriatic arthritis  
Rheumatoid arthritis including juvenile rheumatoid arthritis (selected cases may require low-dose maintenance therapy)  
Ankylosing spondylitis  
Acute and subacute bursitis  
Acute nonspecific tenosynovitis  
Acute gouty arthritis

#### 3. Dermatologic Diseases

Pemphigus  
Bullous dermatitis herpetiformis  
Severe erythema multiforme (Stevens-Johnson syndrome)  
Exfoliative dermatitis  
Mycosis fungoides  
Severe psoriasis  
Severe seborrheic dermatitis.

4. Ophthalmic Diseases

Severe acute and chronic allergic and inflammatory processes involving the eye and its adnexa such as -  
Allergic conjunctivitis  
Keratitis  
Allergic corneal marginal ulcers  
Herpes zoster ophthalmicus  
Iritis and iridocyclitis  
Chorioretinitis  
Anterior segment inflammation  
Diffuse posterior uveitis and choroiditis  
Optic neuritis  
Sympathetic ophthalmia

5. Endocrine Disorders

Primary or secondary adrenocortical insufficiency (hydrocortisone or cortisone is the first choice; synthetic analogs may be used in conjunction with mineralocorticoids where applicable, in infancy mineralocorticoid supplementation is of particular importance)  
Congenital adrenal hyperplasia  
Nonsuppurative thyroiditis  
Hypercalcemia associated with cancer

6. Respiratory Disease

Symptomatic sarcoidosis  
Loeffler's syndrome not manageable by other means  
Berylliosis  
Fulminating or disseminated pulmonary tuberculosis when concurrently accompanied by appropriate antituberculous chemotherapy  
Aspiration pneumonitis

7. Hematologic Disorders

Idiopathic thrombocytopenic purpura in adults  
Secondary thrombocytopenia in adults  
Acquired (autoimmune) hemolytic anemia  
Erythroblastopenia (RBC anemia)  
Congenital (erythroid) hypoplastic anemia

8. Neoplastic Diseases

For palliative management of:  
Leukemias and lymphomas in adults  
Acute leukemia of childhood

9. Edematous States

To induce a diuresis or remission of proteinuria in the nephrotic syndrome without uremia, of the idiopathic type or that due to lupus erythematosus.

Cerebral Edema: DECADRON Tablets may be used to treat patients with cerebral edema from various causes. Patients with cerebral edema associated with primary or metastatic brain tumors may benefit from oral administration of DECADRON. It may be used also in the preoperative preparation of patients with increased intracranial pressure secondary to brain tumors, and also for palliation of patients with inoperable or recurrent brain neoplasms, and in the management of cerebral edema associated with neurosurgery. Some patients with cerebral edema due to head injury or pseudotumor cerebri also may benefit from therapy with oral DECADRON. Its use in cerebral edema is not a substitute for careful neurosurgical evaluation and definitive management, such as neurosurgery or other specific therapy.

10. Gastrointestinal Diseases

During a critical period of the disease in:  
Ulcerative colitis  
Regional enteritis

11. Miscellaneous

Tuberculous meningitis with subarachnoid block or impending block when concurrently accompanied by appropriate anti-tuberculous chemotherapy.  
Trichinosis with neurologic or myocardial involvement.  
During an exacerbation or as maintenance therapy in selected cases of -  
Systemic lupus erythematosus  
Acute rheumatic carditis

12. Diagnostic testing of adrenocortical hyperfunction

CONTRAINDICATIONS

Systemic fungal infections.  
Hypersensitivity to this drug.

WARNINGS

In patients on corticosteroid therapy subjected to unusual stress, increased dosage of rapidly acting corticosteroids before, during and after the stressful situation is indicated.

While on corticosteroid therapy patients should not be vaccinated against smallpox because of potential complications. Conversely, patients with vaccinia should not receive corticosteroid therapy. Other immunization procedures should not be undertaken in patients who are on corticosteroids, especially on high doses, because of possible hazards of neurological complications and a lack of antibody response. However, immunization procedures may be undertaken in patients who are receiving corticosteroids as replacement therapy, e.g. for Addison's disease.

Usage in Pregnancy and Nursing Mothers

Since adequate human reproduction studies have not been done with corticosteroids, the use of these drugs in pregnancy or women of child-bearing potential requires that the anticipated benefits be weighed against the potential hazards to the mother and embryo or fetus. Infants born of mothers who have received substantial doses of corticosteroids during pregnancy should be carefully observed for signs of hypoadrenalism.

Corticosteroids appear in breast milk and could suppress growth, interfere with endogenous corticosteroid production, or cause other unwanted effects. Mothers taking pharmacologic doses of corticosteroids should be advised not to nurse.

The use of DECADRON Tablets in active tuberculosis should be restricted to those cases of fulminating or disseminated tuberculosis in which the corticosteroid is used for the management of the disease in conjunction with an appropriate antituberculous regimen. If corticosteroids are indicated in

patients with latent tuberculosis or tuberculin reactivity, close observation is necessary as reactivation of the disease may occur. During prolonged corticosteroid therapy, these patients should receive chemoprophylaxis.

Corticosteroids may mask some signs of infection, and new infections may appear during their use. There may be decreased resistance and inability to localize infection when corticosteroids are used. Moreover, corticosteroids may affect the nitrobluetetrazolium test for bacterial infection and produce false negative results. If corticosteroids have to be used in the presence of bacterial infections, appropriate vigorous anti-infectious therapy must be instituted.

Corticosteroids should be used cautiously in patients with ocular herpes simplex because of possible corneal perforation.

Prolonged use of corticosteroids may produce posterior sub-capsular cataracts, glaucoma with possible damage to the optic nerves, and may enhance the establishment of secondary ocular infections due to fungi or viruses.

#### PRECAUTIONS

The lowest possible dose of corticosteroid should be used to control the condition under treatment, and when reduction in dosage is possible, the reduction should be gradual.

Average and large doses of hydrocortisone or cortisone can cause elevation of blood pressure, salt and water retention, and increased excretion of potassium. These effects are less likely to occur with the synthetic derivatives except when used in large doses. Dietary salt restriction and potassium supplementation may be necessary. All corticosteroids increase calcium excretion.

When large doses are given, some authorities advise that corticosteroids be taken with meals and antacids taken between meals to help to prevent peptic ulcer.

Drug-induced secondary adrenocortical insufficiency may be minimized by gradual reduction of dosage. This type of relative insufficiency may persist for months after discontinuation of therapy; therefore, in any situation of stress occurring during that period, hormone therapy should be reinstated. If the

patient is receiving steroids already, the dosage may have to be increased. Since mineralocorticoid secretion may be impaired, salt and/or a mineralocorticoid should be administered concurrently.

Acetylsalicylic acid should be used cautiously in conjunction with corticosteroids in hypoprothrombinemia.

Steroids should be used with caution in: nonspecific ulcerative colitis if there is a probability of impending perforation, abscess or other pyogenic infection; diverticulitis; fresh intestinal anastomoses; active or latent peptic ulcer, renal insufficiency; hypertension; osteoporosis; and myasthenia gravis. Fat embolism has been reported as a possible complication of hypercortisonism.

There is an enhanced effect of corticosteroids in patients with hypothyroidism and in those with cirrhosis.

Psychic derangements may appear when corticosteroids are used, ranging from euphoria, insomnia, mood swings, personality changes, and severe depression, to frank psychotic manifestations. Also, existing emotional instability or psychotic tendencies may be aggravated by corticosteroids.

Psychological and/or physiological dependency may develop with long-term use, of corticosteroids. Withdrawal symptoms, including anorexia, vague pains, weakness and lethargy may occur.

Growth and development of infants and children on prolonged corticosteroid therapy should be carefully observed.

Steroids may increase or decrease motility and number of spermatozoa in some patients.

Phenytoin, phenobarbital, ephedrine and rifampin may enhance the metabolic clearance of corticosteroids, resulting in decreased blood levels and lessened physiologic activity, thus requiring adjustment in corticosteroid dosage. These interactions may interfere with dexamethasone suppression tests which should be interpreted with caution during administration of these drugs.

The prothrombin time should be checked frequently in patients who are receiving corticosteroids and coumarin anticoagulants at the same time because of reports that corticosteroids have



altered the response to these anticoagulants. Studies have shown that the usual effect produced by adding corticosteroids is inhibition of response to coumarins, although there have been some conflicting reports of potentiation not substantiated by studies.

When corticosteroids are administered concomitantly with potassium-depleting diuretics, patients should be observed closely for development of hypokalemia.

### ADVERSE REACTIONS

#### Fluid and Electrolyte Disturbances

Sodium retention  
Fluid retention  
Congestive heart failure in susceptible patients  
Potassium loss  
Hypokalemic alkalosis  
Hypertension

#### Musculoskeletal

Muscle weakness  
Steroid myopathy  
Loss of muscle mass  
Osteoporosis  
Vertebral compression fractures  
Aseptic necrosis of femoral and humeral heads  
Pathologic fracture of long bones

#### Gastrointestinal

Peptic ulcer with possible perforation and hemorrhage  
Pancreatitis  
Abdominal distention  
Ulcerative esophagitis

#### Dermatologic

Impaired wound healing  
Thin fragile skin  
Petechiae and ecchymoses  
Erythema

Dermatologic (cont'd)

Increased sweating  
May suppress reactions to skin tests  
Other cutaneous reactions, such as allergic dermatitis, urticaria, angioneurotic edema.

Neurologic

Convulsions  
Increased intracranial pressure with papilledema (pseudotumor cerebri) usually after treatment  
Vertigo  
Headache

Endocrine

Menstrual irregularities  
Development of Cushingoid state  
Suppression of growth in children  
Secondary adrenocortical and pituitary unresponsiveness, particularly in times of stress, as in trauma, surgery or illness  
Decreased carbohydrate tolerance  
Manifestations of latent diabetes mellitus  
Increased requirements for insulin or oral hypoglycemic agents in diabetes

Ophthalmic

Posterior subcapsular cataracts  
Increased intraocular pressure  
Glaucoma  
Exophthalmos

Metabolic

Negative nitrogen balance due to protein catabolism

Other

Hypersensitivity  
Thromboembolism  
Weight gain  
Increased appetite  
Nausea  
Malaise  
Psychological and/or physiological dependency

Treatment of accidental ingestion

There is no known antidote but gastric lavage should be performed.

PHARMACOLOGY

DECADRON is a synthetic adrenocortical steroid with the basic actions and effects of other glucocorticoids, but in different degrees. While its anti-inflammatory activity is marked, even with low doses, its effect on electrolyte metabolism is slight. Therefore, electrolyte imbalance is not ordinarily a therapeutic problem with dexamethasone as it has been with some of its predecessors. In low or average doses, dexamethasone usually does not cause elevation of blood pressure, salt and water retention or excessive potassium excretion.

Dexamethasone possesses the actions and effects of other basic glucocorticoids, and is among the most active members of its class. Glucocorticoids are adrenocortical steroids, both naturally occurring and synthetic, which are readily absorbed from the gastrointestinal tract. They cause profound and varied metabolic effects and, in addition, they modify the body's immune responses to diverse stimuli.

Naturally occurring glucocorticoids (hydrocortisone and cortisone), which also have salt-retaining properties, are used as replacement therapy in adrenocortical deficiency states. Their synthetic analogs including dexamethasone are primarily used for their potent anti-inflammatory effects in disorders of many organ systems.

Dexamethasone has predominant glucocorticoid activity with little propensity to promote renal retention of sodium and water. Therefore, it does not offer complete replacement therapy, and must be supplemented with salt and/or desoxycorticosterone. Cortisone and hydrocortisone also act predominantly as glucocorticoids, although their mineralocorticoid action is greater than that of dexamethasone. Their use in patients with total adrenocortical insufficiency also may require supplemental salt, or desoxycorticosterone, or both. Fluorocortisone, on the other hand, has the tendency to retain more salt; however, in doses that provide adequate glucocorticoid activity, it may induce edema.

### DOSAGE AND ADMINISTRATION

DECADRON Tablets are available in three dose sizes containing 0.5 mg, 0.75 mg and 4.0 mg of dexamethasone respectively.

Administration is governed by the following general principles:

1. Dosage must be individualized according to the severity of the disease and the response of the patient. The severity, prognosis, expected duration of the disease and the reaction of the patient to medication are primary factors in determining dosage. (For infants and children, the recommended doses usually will have to be reduced, but dosage should be dictated by the severity of the condition rather than by age or body weight).
2. Hormone therapy is an adjunct to, not a replacement of conventional therapy, which should be instituted as indicated.
3. Dosage must be decreased or therapy discontinued gradually when administration has been continued for more than a few days.
4. Continued supervision of the patient after cessation of corticosteroids is essential; since there may be a sudden reappearance of severe manifestations of the disease for which the patient was treated.

In acute conditions where prompt relief is urgent, large doses are permissible and may be mandatory for a short period.

In chronic conditions requiring long-term therapy, the lowest dosage that provides adequate, but not necessarily complete, relief should be used. If a high dosage for prolonged periods is considered essential, patients must be observed closely for signs that might necessitate a reduction in dosage or discontinuance of the hormone.

Chronic conditions are subject to periods of spontaneous remission. When such periods occur, corticosteroids should be discontinued gradually.

Routine laboratory studies such as urinalysis, two-hour post-prandial blood sugar, determinations of blood pressure and body weight, and a chest X-ray should be carried out at regular

intervals during prolonged therapy. Periodic determinations of serum potassium are advisable if large doses are being used. Upper gastrointestinal X-rays should be taken when treatment is prolonged, in patients with history of ulcer or when there is gastric distress.

Patients may be transferred to DECADRON from any other glucocorticoid with the proper adjustment in dosage.

The following milligram equivalents facilitate changing to DECADRON from other glucocorticoids.

<u>DECADRON</u>	<u>Methylprednisolone and Triamcinolone</u>	<u>Prednisolone and Prednisone</u>	<u>Hydrocortisone</u>	<u>Cortisone</u>
0.75	4	5	20	25
mg=	mg=	mg=	mg=	mg=

Milligram for milligram, dexamethasone is approximately equivalent to betamethasone, four to six times more potent than methylprednisolone and triamcinolone, six to eight times more potent than prednisone and prednisolone, 25 to 30 times more potent than hydrocortisone, and about 35 times more potent than cortisone. At equipotent anti-inflammatory doses, dexamethasone almost completely lacks the sodium-retaining property of hydrocortisone and closely related derivatives of hydrocortisone.

#### Specific Dosage Recommendations

In chronic, usually nonfatal diseases, including endocrine and chronic rheumatic disorders, edematous states, respiratory and gastrointestinal diseases, some dermatologic diseases and hematologic disorders, start with a low dose (0.5 to 1 mg a day) and gradually increase dosage to the smallest amount that gives the desired degree of symptomatic relief.

Dosage may be administered two, three or four times a day.

When symptoms have been suppressed adequately, dosage should be maintained at the minimum amount capable of providing sufficient relief without excessive hormonal effects. When the optimal maintenance dosage has been determined, regardless of the initial daily schedule, therapy often is successful on a twice-a-day regimen.

In congenital adrenal hyperplasia, the usual daily dose is 0.5 to 1.5 mg.

In acute, nonfatal diseases, including allergic states, ophthalmic diseases, acute and subacute rheumatic disorders, dosage ranges between 2 and 3 mg a day; however, higher doses are necessary in some patients. Since the course of these conditions is self-limited, prolonged maintenance therapy is not usually necessary.

#### Dual Therapy

In acute, self-limited allergic disorders or acute exacerbations of chronic allergic disorders (e.g. acute allergic rhinitis, acute attacks of seasonal allergic bronchial asthma, urticaria medicamentosa, angioneurotic edema and contact dermatoses), the following dosage schedule, combining parenteral and oral therapy, is suggested:

- First Day: 1 or 2 ml (4 or 8 mg), intramuscularly, of Injection DECADRON Phosphate.
- Second Day: 2 Tablets DECADRON (0.75 mg) twice a day.
- Third Day: 2 Tablets DECADRON (0.75 mg) twice a day.
- Fourth Day: 1 Tablet DECADRON (0.75 mg) twice a day.
- Fifth Day: 1 Tablet DECADRON (0.75 mg) per day.
- Sixth Day: 1 Tablet DECADRON (0.75 mg) per day.
- Seventh Day: No treatment.
- Eighth Day: Follow-up visit.

In chronic, potentially fatal diseases such as systemic lupus erythematosus, pemphigus, symptomatic sarcoidosis, the recommended initial dosage is 2 to 4.5 mg a day; higher doses are necessary in some patients.

As soon as adequate relief is obtained, the dosage should be reduced gradually to the minimum amount that will produce the desired therapeutic effect.

When the disease is acute and life-threatening (e.g., acute rheumatic carditis, crisis of systemic lupus erythematosus, severe allergic reactions, pemphigus, neoplastic disease), the initial dosage is between 4 and 10 mg a day, administered in at least four divided doses; this dosage may have to be increased in some patients to establish control. As soon as control is attained, the dosage should be reduced gradually to the minimum amount that will maintain relief.

When an extremely rapid onset of action is desired, Injection DECADRON Phosphate may be administered intravenously for the first two or three doses.

Epinephrine is the drug of immediate choice in severe allergic reactions. DECADRON Tablets are useful either concurrently or as supplementary therapy.

In cerebral edema, DECADRON Phosphate Injection is administered initially in acute conditions. When maintenance therapy is required, this should be changed to oral DECADRON as soon as possible. For palliative management of patients with recurrent or inoperable brain tumors, maintenance therapy should be individualized with either DECADRON Phosphate Injection or DECADRON Tablets. A dosage of 2 mg two or three times a day may be effective. The smallest dosage necessary to control cerebral edema should be utilized.

In the adrenogenital syndrome, daily dosages of 0.5 to 1.5 mg may keep children in remission and prevent the recurrence of abnormal excretion of 17-ketosteroids.

As massive therapy in certain conditions, such as acute leukemia, the nephrotic syndrome, and pemphigus, the recommended dosage is from 10 to 15 mg a day. Patients receiving such a high dosage must be observed very closely for the appearance of severe reactions.

#### Dexamethasone suppression tests

##### 1. Tests for Cushing's syndrome

Give 1.0 mg of DECADRON orally at 11:00 p.m. Blood is drawn for plasma cortisol determination at 8:00 a.m. the following morning.

For greater accuracy, give 0.5 mg of DECADRON orally every 6 hours for 48 hours. Twenty-four hour urine collections are made for determination of 17-hydroxycorticosteroid excretion.

2. Test to distinguish Cushing's syndrome due to pituitary ACTH excess from Cushing's syndrome due to other causes. Give 2.0 mg of DECADRON orally every 6 hours for 48 hours. Twenty-four hour urine collections are made for determination of 17-hydroxycorticosteroid excretion.

#### AVAILABILITY

Tablets DECADRON are compressed, pentagonal-shaped tablets colored to distinguish potency, scored on one side with the MSD code on the other side. They are available as follows:

Ca 7601 - Pale bluish-green tablets, each containing 0.75 mg of dexamethasone, MSD Std., coded MSD 63 supplied in bottles of 100 and 500.

Ca 7598 - Yellow tablets, each containing 0.5 mg of dexamethasone, MSD Std., supplied in bottles of 100.

Ca 7645 - White tablets, each containing 4.0 mg of dexamethasone, MSD Std., coded MSD 97, supplied in bottles of 50.



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