

Methylprednisolone (Solu-Medrol)

Formulary

Douglas County Kansas EMS System

March 2021

Approved Provider: Paramedic

Referenced Protocols: [Anaphylaxis/ Allergic reaction](#), [Breathing Difficulty](#)

Dosing and Administration	
<u>ADULT Medications:</u> <ul style="list-style-type: none">125 mg IV slow or IM	<u>PEDIATRIC Medications:</u> Refer to HandTevy <ul style="list-style-type: none">2 mg/kg IV slow or IM

Pharmacology and Actions:

- Synthetic steroid similar to the glucocorticoids (hydrocortisone and cortisone) which are released from the adrenal gland cortex.
- Used primarily for its anti-inflammatory properties
 - Anti-inflammatory agent stabilizes cell membranes, and lysosomal membranes preventing the release of histamine, bradykinin, and myocardial depressant factor and preventing excessive lactic acid buildup
 - Generally increases BMR including protein metabolism, gluconeogenesis (glucose from protein), Na and H₂O reabsorption thus increasing BP, increases gland secretion (sweat, saliva, and gastric), and CNS stimulation

Indications:

- Treatment of ARDS, asthma, and other bronchospastic states nonresponsive to conventional treatment
- Anaphylaxis and severe allergic reaction

Contraindications:

- None

Precautions:

- Administer with caution in diabetes mellitus, be cautious of higher blood sugar readings

Side Effects:

- None