Initial Date: 07/19/2023
Revised Date:

## *Methylprednisolone*

**Pharmacological Category:** Corticosteroid, Systemic

**Routes:** IV/IO/IM

**Indications:**
1. Allergic reactions
2. Airway inflammation
3. Reactive airway disease
4. Acute adrenal insufficiency

**Contraindications:**
1. Hypersensitivity to methylprednisolone (or similar)

**Expected effects:**
1. Decreased inflammation

**Side effects:**
1. Dizziness
2. Nausea/vomiting

**Notes:**
1. Prednisone PO is preferred over methylprednisolone for respiratory distress however prednisone it is not a required medication, and the PO tablet has restrictions (tablet cannot be cut, cannot be administered to children ≤ 6 years of age, cannot be administered to patient that is unable to safely take PO medication).

**Dosing: ANAPHYLAXIS ALLERGIC REACTION**
Indication: If patient is symptomatic of an allergic reaction but not in a severe allergic reaction or anaphylaxis OR after epinephrine administration
Adults administer:
1. Methylprednisolone 125 mg IV/IO/IM

Pediatrics administer:
1. Methylprednisolone according to MI MEDIC cards.
2. If MI MEDIC cards are not available administer Methylprednisolone 2 mg/kg IV/IO/IM. Maximum dose 125 mg.

**Dosing: ADRENAL CRISIS**
Indication: Patients with a known history of adrenal insufficiency, experiencing signs of crisis.
Adults administer:

1. Methylprednisolone 125 mg IV/IO/IM

Pediatrics administer:
1. Methylprednisolone according to MI MEDIC cards.

2. If MI MEDIC cards are not available administer Methylprednisolone 2 mg/kg IV/IO/IM. Maximum dose 125 mg

**Dosing: ADULT RESPIRAOTRY DISTRESS**
Indication: Respiratory distress patients with wheezing or diminished breath sounds due to asthma or COPD.
Adults administer:

1. Methylprednisolone 125 mg IV/IO/IM

**Dosing: PEDIATRIC RESPIRATORY DISTRESS, FAILURE OR ARREST**
Indication: Pediatric respiratory distress patients with suspected bronchospasm (wheezing)
Pediatrics administer:

1. Methylprednisolone according to MI MEDIC cards.
2. If MI MEDIC cards are not available administer Methylprednisolone 2 mg/kg IV/IO/IM. Maximum dose 125 mg

Used in the Following Protocols:
Anaphylaxis/Allergic Reaction (Section 1 General Treatment)
Adrenal Crisis (Section 1 General Treatment)
Respiratory Distress (Section 3 Adult Treatment)
Pediatric Respiratory Distress, Failure or Arrest (Section 4 Obstetrics and Pediatrics)