

• **Epidural use:** vision changes, seizures, stroke, paralysis, brain edema, and death may occur (rare)

• **Beers:** avoid in older adults with delirium or at high risk for delirium

• **Pregnancy/breastfeeding:** use only if benefits outweigh fetal risk, avoid use in 1st trimester, usually compatible with breastfeeding

Evaluate:

Therapeutic response: decreased inflammation, GI symptoms

Teach patient/family:

• That emergency ID as corticosteroid user should be carried

• To immediately report abdominal pain, black tarry stools because GI bleeding/perforation can occur; if received by epidural route, to report immediately a change in vision, severe headache, seizures, weakness (emergency response needed)

• To notify prescriber if therapeutic response decreases; that dosage adjustment may be needed; about signs of infection

• Not to discontinue abruptly because adrenal crisis can result; that product should be tapered

• That supplemental calcium/vit D may be needed if patient is receiving long-term therapy

• That product can mask infection and cause hypo/hyperglycemia (diabetic)

• To avoid OTC, herbals, supplements: salicylates, alcohol in cough products, cold preparations unless directed by prescriber

• About cushingoid symptoms of adrenal insufficiency: nausea, anorexia, fatigue, dizziness, dyspnea, weakness, joint pain, moon face

• To avoid live-virus vaccines if using steroids long term

hydrocortisone nasal

See Appendix B

hydrocortisone (topical)

(hye-droe-kor'ti-sone)

Ala-Cort, Ala-Scalp, Anusol HC, Cetacort, Cortizone-5, Cortizone-10, Cortizone-10 Dermolate, Procort, Texacort

hydrocortisone cypionate

Cortef

hydrocortisone butyrate

Locoid, Locoid Lipocream

hydrocortisone probutate

Pandel

hydrocortisone valerate

Func. class.: Corticosteroid, topical

ACTION: Crosses cell membrane to attach to receptors to decrease inflammation, itching, inhibits multiple inflammatory cytokines

USES: Inflammation/itching in corticosteroid-responsive dermatoses on the skin, rectal area

CONTRAINDICATIONS: Hypersensitivity

Precautions: Pregnancy, breastfeeding, children

DOSAGE AND ROUTES

Corticosteroid-responsive dermatoses, inflammation, pruritus

• **Adult/child:** TOP apply to affected area 1 to 4 times per day

Inflammation from proctitis

• **Adult:** RECTAL 1 applicator full of foam once or twice a day \times 2-3 wk, then every other day as needed; suppository: 1 bid \times 2 wk

Available forms:

Hydrocortisone: cream 0.5%, 1%, 2.5%; gel 1%, 2%; lotion 0.25%, 1%, 2%,