

Teach patient/family:

- To decrease caffeine consumption (coffee, tea, cola, chocolate); may increase irritability, stimulation; not to use guarana, yerba maté, cola nut
- To avoid OTC preparations unless approved by prescriber
- To always use dosing dispenser provided for oral suspension dose
- To taper off product over several weeks because depression, increased sleeping, lethargy will occur
- To avoid driving, hazardous activities if dizziness, blurred vision occur
- To avoid alcohol
- To get needed rest; patients will feel more tired at end of day
- That shell of Concerta tab may appear in stools
- To take regular tab at least 6 hr before sleep, 10 hr for ext rel; to use dosing syringe, not household teaspoon, to measure liquid
- **Seizures:** that those with seizure disorders may have lower seizure threshold
- **Transdermal:** to use in AM; after tray is opened, to use within 2 mo; not to store patches without protective covering; to notify prescriber if skin irritation or rash occurs; that if patch comes off, to use a new one on a different skin site; to tell child not to remove or share with others
- **Sus rel:** not to chew tabs

TREATMENT OF OVERDOSE:

Administer fluids; hemodialysis or peritoneal dialysis; antihypertensive for increased B/P; administer short-acting barbiturate before lavage

methylPREDNISolone (Rx)

(meth-il-pred-niss'oh-lone)

A-Methapred, Depo, Medrol, Solu

Func. class.: Corticosteroid, synthetic

Chem. class.: Glucocorticoid, intermediate acting

Do not confuse:

methylPREDNISolone/predniSONE/
medroxyPROGESTERone/
methylTESTOSTERone

ACTION: Decreases inflammation by suppression of migration of polymorphonuclear leukocytes, fibroblasts; reversal of increased capillary permeability and lysosomal stabilization

USES: Severe inflammation, shock, adrenal insufficiency, collagen disorders, management of acute spinal cord injury, multiple sclerosis, acute lymphocytic leukemia, anaphylaxis, angioedema, asthma, Crohn's disease, eczema, gouty arthritis

Unlabeled uses: Multiple myeloma, bronchospasm prophylaxis, airway-obstructing hemangioma, noncardiogenic pulmonary edema, idiopathic pulmonary fibrosis, carpal tunnel syndrome, temporal arteritis, Churg-Strauss syndrome, mixed connective-tissue disease, polyarteritis nodosa, relapsing polychondritis, polymyalgia rheumatica, vasculitis, Wegener's granulomatosis, *Pneumocystis jiroveci* pneumonia in AIDS patients, acute spinal cord injury, severe acute respiratory syndrome (SARS), acute interstitial nephritis

CONTRAINDICATIONS: Hypersensitivity, intrathecal use, neonates

Precautions: Pregnancy, breastfeeding, diabetes mellitus, glaucoma, osteoporosis, seizure disorders, ulcerative colitis, HF, myasthenia gravis, renal disease, esophagitis, peptic ulcer, tartrazine, benzyl alcohol, corticosteroid hypersensitivity, viral infection, TB, traumatic brain injury, Cushing syndrome, measles, varicella, fungal infections

DOSAGE AND ROUTES**Adrenal insufficiency/inflammation**

• **Adult:** PO 4-48 mg in 4 divided doses; IM 10-120 mg (acetate); IM/IV 10-40 mg (succinate); **INTRAARTICULAR** 4-80 mg (acetate)

• **Child:** IV 0.5-1.7 mg/kg in 3-4 divided doses (succinate)

Multiple sclerosis

• **Adult:** PO/IM/IV 160 mg/day × 1 wk, then 64 mg every other day × 30 days

Most uses

• **Adult:** IM/IV 40-250 mg q4-6hr; pulse therapy IV 2 mg/kg, then 0.5-1 mg/kg q6hr × up to 5 days