Package leaflet: Information for the patient

Dexamethasone 4mg/ml injection

Dexray

Important information about this medicine:

- Dexamethasone is a steroid medicine, prescribed for many different conditions including serious illness

- You need to take it regularly toget the reastimum benefit

 Don't stop taking the medicine without lating to your doctor -you may need to reduce the dose gradually

 Dexamelbasone can cause side effects in some people (read section 4. Possible side effects). Some problems such as mood changes

 (Releing depressed, or high), or stomach problems can happen stagisht away (Iyou delumel), in any way, keep taking your medicine,
- but see your doctor straight away

 Some side effects only happen after weeks or months. These include weakness of arms and legs, or developing a rounder face (read section 4 for more information)
- If you take it for more than 3 weeks, in the UK, you will get a blue 'steroid card': always keep it with you and show it to any doctor or nurse
- I teasting you Keep away from people who have chicken pour or shingles, if you have never had them. They could affect you severely. If you do co into contact with chicken pox or shingles, see your doctor straight away

Now read the rest of this leaflet

Triouties of the rismontant information on the safe and effective use of this medicine that might be especially important for you. Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
 If you have any further questions, ask your doctor or pharmacist.
 If you have any further questions, ask your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.
 If you get any side effects, with one your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet

- 1. What Dexamethasone is and what it is used for
- What you need to know before you use Dexamethasone
- How you use Dexamethasone Possible side effects
- How to store Dexamethasone Contents of the pack and other information

1. What Dexamethasone is and what it is used for

The name of your medicine is Dexamethasone. This belongs to a group of medicines called corticoste

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Dexamethasone is given by injection to patients unable to take a tablet form of the medicine. When given into a vein or m dexamethasone reduces inflammation and suppresses the immune system and is used normally for patients with:

- severe allergic reactions causing swelling of the face and throat, low blood pressure and collapse (angioneurotic oedema and analythaxis), severe exacerbation of brondia alsahma (such a status asthmaticus), hippersensibly riperaction to other medications shock caused by infection or severe tuberculosis (also with anti-infective treatments e.g. antibiotics)
- raised pressure in the skull caused by tumours or infantile spasms

· to control cerebral oedema (swelling in the brain) caused by brain tumour or after neurosurgery, but not in cases of head trauma

Sometimes, the injection is given into the painful area itself e.g. inflammation of the joints (rheumatoid arthritis and osteoarthritis)

2. What you need to know before you use Dexamethason

Do not use Dexamethasone:

- if you are allergic to dexamethasone or any of the other ingredients of this medicine (listed in section 6). The signs of an allergic reaction include a rash, itching or shortness of breath
- if you have an infection that affects the whole body
- if you have an infection of a joint
 if you have unstable joints. This is a condition where joints, such as the knee, can suddenly give way.
- Do not have this medicine if any of the above apply to you.
- Warnings and precautions

Talk to your doctor or pharmacist before using Dexamethasone

- · If you have ever had severe depression or manic depression (bipolar disorder). This includes having had depression before while
- taking steroid medicines like Dexamethasone If any of your close family has had these illnesses
 If either of these applies to you, talk to a doctor before having this medicine.

Mental problems while having Dexamethasone

Mental health problems can happen while having steroids like Dexamethasone (see also section 4). These illnesses can be serious

- Usually they start within a few days or weeks of starting the medicine
 They are more likely to happen at high doses
- Most of these problems go away if the dose is lowered or the medicine is stopped. However, if problems do happen, they might need

Talk to a doctor if you (or someone taking this medicine), show any signs of mental problems. This is particularly important if you are depressed, or might be thinking about suicide. In a few cases, mental problems have happened when doses are being lowered or stopped.

Before you have Dexamethasone, tell your doctor if:

- You have had allergic reactions with a corticosteroid treatment. Severe allergic reactions (including shock) have been seen with
- injected corticosteroids
- injusted to accessful or the blood because you may be at risk of a very rare, potentially life-threatening condition resulting from a sudden breakdown of tumour cells. You have symptoms of tumour lysis syndrome such as muscle cramping, muscle weakness, confusion, visual loss or disturbances and
- to hortee syllipsom's common year syllipsom's contrast indicate dramping to hortees of breath, in case you suffer from haematological malignancy You have kidney or liver problems You have high blood pressure or heart disease You have high blood pressure or heart disease You have diabetes or there is a family history of diabetes

- You have thinning of the bones (costeopcrosis), particularly if you are a female who has been through the menopause You have had muscle weakness with this or other sterolds in the past You have raised eye pressure (glaucoma) or there is a farmly history of glaucoma
- You have a stomach (peptic) ulcer
- ns or you have had a mental illness which was made worse by this type of medicine such as 'steroid psychosis'
- You have mental prob You have epilepsy
- You have migraines You have an infection with parasites
- You have tuberculosis (TB)
 You have stunted growth
 You have 'Cushing's syndrome'
- You have had a head injury
- Contact your doctor if you experience blurred vision or other visual disturbances.
- If you are not sure if any of the above apply to you, talk to your doctor or pharmacist before having Dexamethasone

If you develop an infection while you are having this medicine, you should talk to your doctor. Please tell any doctor, dentist or person who

may be giving you treatment that you are currently taking steroids or have taken them in the past.

If you are living in the UK, you should always carry a blue 'steroid card' which gives clear guidance on the special care to be taken when you are taking this medicine. Show this to any doctor, dentist or person who may be giving you treatment. Even after your treatment has finished you must tell anyone who is giving you treatment that you have taken steroids in the past.

Do not use Dexamethasone for the treatment of Acute Respiratory Distress Syndrome (ARDS; a serious lung disease) if you have been

diagnosed with this condition for over 2 weeks

Dexamethasone and viral infections

- Dexamethasone and viral infections
 While you are having this kind of medicine, you should not come into contact with anyone who has chicken pox, shingles or measles if you have not had these linesses. This is because you may need specialist treatment if you get these diseases, if you think you may have had exposure to any of these diseases, so should alk to your doctor stratight wavey, you should also the your doctor stratight and infectious diseases such as measles or chicken pox and if you have had any vaccinations for these conditions in the past.
- Please tell a doctor or anyone giving you treatment, such as at a hospital, if:
- You have an accident
 - You need any surgery. This includes any surgery you may have at your dentist's
 - You need to have a vaccination

If any of the above apply to you, you should tell your doctor or the person treating you even if you have stopped having this medicine.

Dexamethasone should not be routinely given to premature babies with respiratory problems.

Other medicines and Dexamethason Antibiotics such as rifampicin and rifabutin

Please tell your doctor if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription. Other medicines can affect the way Dexamethasone works or Dexamethasone can affect the way they work. In particular.

Medicines to treat heart and blood problems, such as warfarin, high blood pressure medicine, and water tablets (diuretics)

- Medicines that are broken down in the body by an enzyme in the liver (CYP 3A4) such as HIV protease inhibitors (e.g. indinavir) or
- rectain antibiotics (e.g. en/thromycin)

 Some medicines may increase the effects of Dexamethasone and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat)
- Medicines to trate pilepsy, such as phenytoin, achamazepine, phenobarbitone and primidone Medicines that control pain or lower inflammation, such as aspirin or phenylbutazone Medicines used to treat diabetes

If a child is having this medicine, it is important that the doctor monitors their growth and development regularly

- Medicines used to lower potassium levels
- Medicines used to treat myasthenia Anti-cancer treatments, such as aminogl
- Ephedrine used to relieve symptoms of a blocked nose
- Acetazolamide used for glaucoma
 Carbenoxolone sometimes used for ulco

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking

Driving and using machines Dexamethasone is not likely to affect you being able to drive or use any tools or machines.

Dexamethasone contains less than 1 mmol sodium (23 mg) per dose, i.e. essentially sodium-free!

Dexamethasone is normally given by a doctor or a nurse. It will be given as an injection into a muscle, tendon or joint. It can also be given as an injection into a vein. The dose depends on your litness and how bad it is. Your doctor will decide the correct dosage for you and how and when the injection will be given.

If you use more Dexamethasone than you should

If you think you have been given too much Dexamethasone, tell your doctor straight away. The following effects may happen:

- Swelling of the throat
 Skin reaction
 Difficulty breathing

Since the injection will be given to you by a doctor or nurse, it is unlikely that you will be given too much or that you will miss a dose. If you think you have been given too much or that you have missed a dose, please contact your doctor immediately.

It can be dangerous to have your treatment with Dexamethasone Injection stopped abruptly. After prolonged therapy your body may

have gatien used to the administration of this medicine and may have reduced the normal production of homones like the one contained in this medicine. How your treatment is stopped will depend on the disease you are being treated for and how much Dexamethasone Injection you have been given if you need to stop this treatment, follow your doctor's advice. If you stop having this medicine to quickly. your condition may get worse

It may be necessary to reduce the amount of medicine you are given gradually until you stop having it altogether. Your doctor has to make sure that the disease you have been treated for is unlikely to relapse. Dosage reduction must be adjusted if you are subjected to unusual stress (e.g. another illness, trauma or surgical procedures). When the treatment is stopped too quickly, you may feel 'withdrawal symptoms'. These may include headache, proble

when the treatment is support to optionary to the member of the properties of the pr If you have any further questions on the use of this medicine, ask your doctor or pharmacist

Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them

Dexamethasone can also cause side effects when you stop using it. See section 3, "If you stop having Dexamethasone

Serious side effects: tell a doctor straight away

Steroids including Dexamethasone can cause serious mental health problems. These are common in both adults and children. They can

affect about 5 in every 100 people taking medicines like Dexamethasone. These include:

Feeling depressed, including thinking about suicide

Feeling high (mania) or moods that go up and down Feeling anxious, having problems s eping, difficulty in thinking or being confused and losing your memory

- Feeling, seeing or hearing things that do not exist. Having strange and frightening thoughts, changing how you act or having feelings of
- being ald If you notice any of these problems, talk to a doctor straight away.

If you have an allergic reaction to Dexamethasone see a doctor straight away An allergic reaction may include:

- Any kind of skin rash or itching of the skin

eve pain or swelling)

Difficulty in breathing or collapse
Swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing (angioedema).

If you get any of the following side effects see your doctor as soon as possible Stomach and gut problems: stomach ulcers which may perforate or bleed, indigestion, having more of an appetite than usual, diarrhoea, feeling or being sick

- Inflamed pancreas: this may cause severe pain in the back or tummy
 Problems with salts in your blood such also much sodium or low potassium or calcium. You may have water retention
 Heart and blood problems: high blood pressure, blood clots
- Bone problems: thinning of the bones (osteoporosis) with an increased risk of fractures, bone disease, damaged tendons, damage to
- the joint where the injection was given
- Recurring infections that get worse each time such as chicken pox and thrush
- Skin problems: wounds that heal more slowly, bruising, acne, sweating more than usual. Burning, redness and swelling where the
- Own proveness would be not seen the index enums, outsing, duties, recently index due to be interested in season of the interested in season of
- disturcances, loss or vision, journey vision. Homeon problems: Irregular or missing periods, stunted growth in children and teenagers, swelling of the face (called a "Cushingoid" or "moor face). It may affect your diabetes and you may notice you start needing higher doses of the medicine you take for diabetes. Your body may not be able to respond normally to severe stees such as accidents, surgery or liness, growth of extra body hair
- (particularly in women), increased appetite or weight gain Nervous system problems: fits or epilepsy may become worse, severe unusual headache with visual problems, being unable to sleep, feeling depressed, extreme mood swings, schizophrenia may become worse, headache or problems with your vision (including

used immediately, in-use storage conditions prior to use are the responsibility of the user and would normally not be longer than 24 hours at 2 to 8°C, unless dilution has taken place in controlled and validated asentic conditions

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longe use. These measures will help protect the environment.

6. Contents of the pack and other information

What Dexamethasone contains

The active ingredient is dexamethasone (as sodium phosphate). Each 1 ml contains 3.8 mg dexamethasone (as sodium phosphate) which is equivalent to 5.0 mg dexamethasone sodium phosphate

The other ingredients are glycerol, disodium edetate, water for injections and sodium hydroxide or phosphoric acid

What Dexamethasone looks like and contents of the pack

Dexamethasone is a clear, colourless liquid. It comes in vials containing 1 ml of solution. Vials are available in packs of 1 or 10. Not all pack sizes may be marketed

rfactured and Marl

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Dharwad District, Karnataka - 581204

The following information is intended for healthcare professionals only

This is an extract from the Summary of Product Characteristics (SmPC) to assist in the administration of Dexamethasone 4 mg/ml solution

The Patient Information Leaflet provided (see the other half of this leaflet) should be given to the patient Each vial contains 1 ml of solution. Each 1 ml of solution contains 4 mg dexamethasone base (as sodium phosphate). This is equivalent to

ethasone 4mg/ml solution for injection contains dexamethasone base in the form of the salt, dexamethasone sodium phosphate

PREPARATION AND OTHER HANDLING INSTRUCTIONS

5.0 mg dexamethasone sodium phosphate

xamethasone solution for injection may be diluted with the following solutions for injection or infusion

· Sodium Chloride 0.9% infusion, Glucose 5% Infusion, Compound Sodium Lactate Infusion, Hartmann's Solution for Injection, Ringer Lactate Solution for Injection, Ringer's Solution for Injection, Sorbitol 5% Injection, Invert Sugar 10% Injection and Rheomacrode:

Using the above infusion fluids, Dexamethasone solution for injection can also be injected into the infusion line without causing

For single use only

precipitation of the ingredients Discard any unused solution after use Any unused product or waste material should be disposed of in accordance with local requirements

The product should only be used when the solution is clear and particle free.

DOSAGE AND ADMINISTRATION

Posology

Note: All dose recommendations stated in this section are expressed as mg dexamethasone base. In general, glucocorticoid dosage depends on the severify of the condition and response of the patient. Under certain circumstances (e.g. in stress), extra dosage adjustments may be necessary.

If no favourable response is noted within a couple of days, glucocorticoid therapy should be discontinued

Adults and Elderly

Once the disease is under control the dosage should be reduced or tapered off to the lowest suitable level under continuous monitoring and observation of the patient

For acute life-threatening situations (e.g. anaphylaxis, acute severe ashma) substantially higher dosages may be needed. Cerebral oedema (adults): initially 6.3 mg (2.2 mL) dexamethasone solution for injection intravenously followed by 3.3 mg (0.9 mL) intramuscularly every 6 hours until symptoms of oretiral oedema subside. Response is usually noted within 12 to 24 hours: dosage may be reduced after 20 4 days and gradually discontinuate over a particled 15 or 16 acut.

For local treatment, see section 4.2 of the SmPC

Paediatric population

Dosage requirements are variable and may have to be changed according to individu

Please refer to Table 1 for assistance when calculating any required dosage

Table 1. Concentration vs. Volume	
Desired concentration	Required volume of product*
(mg dexamethasone base)	(ml)
3.8	1.00
4	1.05
8	2.10
12	3.15
16	4.20
10	4.20

* Dexamethasone 4mg/ml injection

Method of administration

ethasone solution for injection may be administered intravenously (IV), intramuscularly (IM) or by local injection (intra-artic soft tissue).

For administration by IV Influsion: see section on Preparation and Other Handling Instructions'. With IV administration high plasma levels can be obtained raight; with the Administration high plasma levels can be obtained raight; and play of Influsion of massive doses of gluccontricols may sometimes cause cardiovascular collapse; the injection should therefore be

given slowly over a period of several m Intra-articular injections should be given under strictly aseptic conditions

WADNINGS

Severe allergic reactions. Rare instances of anaphylactoid/anaphylactic reactions with a possibility of shock have occurred in patients receiving parenteral corticosteroid therapy.

Appropriate precautionary measures should be taken with patients who have a history of allergic reactions to corticosts.

Tumor lysis syndrome. In post-markeling experience tumour lysis syndrome (TLS) has been reported in patients with haematological mannerables following the use of desamethesisone alone or in combination with other chemotherapeutic agents. Patients at high risk of TLS such as patients with high profilerative rate, high tumor burden, and high sensitivity to cytotoxic agents, should be monitored closely. and appropriate precaution ta

ere psychiatric adverse reactions may occur with systemic steroids. Symptoms typically emerge within a few days or w of starting the treatment. Risks may be higher with high doses/systemic exposure, although dose levels do not allow prediction of the onset, type, severity or duration of reactions. Most reactions recover after either dose reduction or withdrawal, although specific treatment may be necessary. Please seek advice if worrying psychological symptoms develop, especially if depressed mood or suicidal ideation is suspected. Please also be alert to possible psychiatric disturbances that may occur either during or immediately after dose tapering/withdrawal of systemic steroids, although such reactions have been reported infrequently.

Take particular care when considering the use of systemic corticosteroids in patients with existing or previous history of severe affective disorders in themselves or in their first degree relatives (including degressive or manic-degreesive illness and previous steroid psychosis).

Undesirable effects may be minimised by using the lowest effective dose for the minimum period, and by administering the daily requirement as a single morning dose or whenever possible as a single morning dose on alternative days. Frequent patient review is required to approvisely tratter the dose against disease activity.

After parenteral administration of glucocorticoids serious anaphylactoid reactions have occasionally occurred, particularly in patients with a history of allergy. If such an anaphylactoid reaction occurs, treat the patient with adrenaline and positive pressure ventilation. Corticosteroids should not be used for the management of head injury or stroke because it is unlikely to be of any benefit and may even be

When treating Acute Respiratory Distress Syndrome (ARDS), therapy with corticosteroids should start within the first 2 weeks of onset of

Available evidence suggests long-term neurodevelopment adverse events after early treatment (<96 hours) of premature infants with chronic lung disease at starting doses of 0.25 mg/kg twice daily.

Adrenal cortical atrophy develops during prolonged therapy and may persist for years after stopping treatment. Withdrawal of corticosteroids after prolonged therapy must therefore always be gradual to avoid acute adrenal insufficiency, being tapered off over weeks or months according to the dees and duration of treatment.

In patients who have received more than physiological doses of systemic corticosteroids (approx. 1 mg dexamethasone) for greater than 3

in plasmins who have the dover from the real proparational codes on systemic concosterious (approx. Im gleanamessance) in greater related wheek, withdrawal sould not be abrupt. How dose methods the desease is likely to relapse as the dose of systemic professer reduction should be carried out depends largely in my be needed during withdrawal. If the disease is unlikely to relapse on withdrawal or systemic conficiency on the control of the recover. Abrupt withdrawal of systemic corticosteroid treatment, which has continued up to 3 weeks is appropriate if it is considered that the disease is unlikely to relapse. Abrupt withdrawal of doses of up to 6 mg daily of dexamethasone for 3 weeks is unlikely to lead to clinically relevant HPA-axis suppression in the majority of patients, in the following patient groups, gradual withdrawal of systemic conflictories of the party should be considered even after courses lasting 3 weeks or less:

Patients who have had repeated courses of systemic conticosteroids, particularly if taken for greater than 3 weeks.
 When a short course has been prescribed within one year of assation of long-term thrapy (months or years).
 Patients who may have reasons for adrencontact insufficiency of the properties conficiently designed in the properties.

Patients receiving doses of systemic corticosteroid greater than 6 mg daily of dexamethasone.
 Patients repeatedly taking doses in the evening.

During prolonged therapy any intercurrent illness, trauma or surgical procedure will require a temporary increase in dosage; if costeroids have been stopped following prolonged therapy they may need to be temporarily re-introduced. Patients should carry 'steroid treatment' cards which give clear guidance on the precautions to be taken to minimise risk and which provide details of prescriber, drug, dosage and the duration of treatment.

Anti-inflammatory/Immunosuppressive effects and Infection

Suppression of the inflammatory response and immune function increases the susceptibility to infections and their severity. The clinical presentation may often be alpitical, and services infections such as septicaemia and tuberculosis may be masked and may reach an advanced stage forch being recognised.

Appropriate antimicrobial therapy should accompany glucocorticoid therapy when necessary e.g. in tuberculosis and viral and fungal infections of the eye.

Chickenpox is of particular concern since this normally minor illness may be fatal in immunosuppressed patients

Patients (or parents of children) without a definite history of chickerpox should be advised to avoid close personal contact with chickerpox or herpes zoster and if exposed they should seek urgent medical latention. Passive immunisation with varicella zoster immunigolubin (VCQI) is needed by reposed non-immune patients who are recovering systemic controlseroids or who have used them within the previous 3 months; this should be given within 10 days of exposure to chickerpox. If a diagnosis of chickerpox is confirmed, the aliness warrants specialist care and ungert treatment. Controlseroids should not be stopped and the does may need to be increased.

Patients should be advised to take particular care to avoid exposure to measles and to seek immediate medical advice if exposure occurs; prophylaxis with intramuscular normal immunoglobin may be needed. Live vaccines should not be given to individuals with impaired immune responsiveness. The antibody response to other vaccines may be

vision administration by the reported with systemic and topical corticosteroid use. If a patient presents with symptoms such as blurred vision or other visual disturbances, the patient should be considered for referral to an ophthalmologist for reducation of possible causes which may include calaract, glaucomo are a diseases such as central servous chroinetingsaty (CSCR) which have been reported after which may include calaract, glaucomo are a diseases such as central servous chroinetingsaty (CSCR) which have been reported after the contract of the use of systemic and topical corticosteroids

Particular care is required when considering the use of systemic corticosteroids in patients with the following conditions and frequent

patient monitoring is necessary:
a. Osteoporosis (post-menopausal females are particularly at risk)
b. Hypertension or congestive heart failure

C. Tisping or provious instruy of severe affective disorders (especially previous steroid psychosis)
 Diabeles mellitus (or a family history of diabetes)
 History of tuberculosis, since glucconflocids may induce reactivation
 Glaucoma (or a family history of glaucoma)

a Previous corticosteroid-induced myonathy

. Liver failure Renal insufficiency

Epilepsy

k Gastro-intestinal ulceration Migraine
 Certain parasitic infestations in particular amoebiasis

n. Incomplete statural growth since glucocorticoids on prolonged administration may accelerate epiphyseal closure

o. Patients with Cushing's syndron

In the treatment of conditions such as tendinitis or tenosynovitis care should be taken to inject into the space between the tendon sheath

nd the tendon as cases of ruptured tendon have been reported

s cause dose-related growth retardation in infancy, childhood and adolescence, which may be irreversible.

Dexamethasone has been used 'off label' to treat and prevent chronic lung disease in preterm infants. An association between the use of

dexamethasone in preterm infants and the development of cerebral palsy has been suggested. In view of this possible safety concern, an assessment of the risk: benefit should be made on an individual patient basis

The common adverse effects of systemic corticosteroids may be associated with more serious consequences in old age. Close clinical

supervision is required to avoid life-threatening reactions.

Please see SmPC section 4.5 for interaction with other medicinal products and other forms of interaction.

This medicinal product contains less than 1 mmol sodium (23 mg) per dose, i.e. essentially 'sodium-free'.

It is difficult to define an excessive dose of a corticosteroid as the therapeutic dose will vary according to the indication and patient requirements. Massive IV corticosteroid doses given as a pulse in emergencies are relatively free from hazar

Exaggeration of corticosteroid related adverse effects may occur. Treatment should be asymptomatic and supportive as necessary.

STORAGE

Store in a refrigerator (2 C - 8 C). Do not freeze. Store in the original package.

ollowing dilution with infusion fluids (see 'PREPARATION AND OTHER HANDLING INSTRUCTIONS'): Chemical and physical in-use stability of dilutions has been demonstrated for at least 24 hours, at 25 C (room temperature)

From a microbiological point of view, the product should be used immediately

If not used immediately, in-use storage times and conditions prior to use are the responsibility of the user and would normally not be longer than 24 hours at 2 to 8 C, unless dilution has taken place in controlled and validated aseptic conditions.

factured by: Ray Life Sciences Pvt. Ltd.

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