

## Dexamethasone

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### About This Medicine

Dexamethasone is used to treat cancer, to decrease inflammation and sometimes used before and after chemotherapy to prevent or treat nausea and/or vomiting. It is given in the vein (IV) or orally (by mouth).

### Possible Side Effects

- Headache
- High blood pressure
- Abnormal heartbeat
- Changes in mood, which may include depression or a feeling of extreme well-being
- Trouble sleeping
- Increased sweating
- Increased appetite (increased hunger)
- Weight gain
- Increase risk of infections
- Pain in your abdomen and/or bloating (distention)
- Nausea and vomiting (throwing up)
- Skin changes such as acne, rash, dryness, and redness
- Blood sugar levels may change
- Electrolyte changes
- Swelling of the hands, feet, or any other part of the body
- Changes in your liver function
- You may be at risk for cataracts, glaucoma, blurred vision, or infections of the eye
- Muscle loss and/or weakness (lack of muscle strength)
- Increased risk of developing osteoporosis (weak and brittle bones)

**Note:** All possible side effects are not included. Your side effects may be different depending on your cancer diagnosis, condition, or if you are receiving other medicines in combination. Please discuss any concerns or questions with your medical team.

### Warnings and Precautions

- This medicine may cause you to feel irritable, nervous or restless.



- Allergic reactions, including anaphylaxis, are rare but may happen in some patients. Signs of allergic reaction to this medicine may be swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, do not take another dose of this medicine. You should get urgent medical treatment.**
- High blood pressure and changes in electrolytes, which can cause fluid build-up around your lungs or elsewhere.
- Increased risk of developing an abnormal hole in your stomach, small, and/or large intestine if you have ulcers in the lining of your stomach and/or intestine, or have diverticulitis, ulcerative colitis and/or other diseases that affect the gastrointestinal tract.
- Changes in your endocrine glands function including the pituitary, adrenals or thyroid during or after use of this medicine.
- Changes in your heart function such as increased risk of heart attack and congestive heart failure - your heart is not pumping blood as well as it should be, and fluid can build up in your body.
- Severe depression and other psychiatric disorders such as mood changes.

## Important Information

- Talk to your doctor or your nurse before stopping this medicine, it should be stopped gradually. Depending on the dose and length of treatment, you could experience serious side effects if stopped abruptly (suddenly).
- Dexamethasone may cause slow wound healing. If you must have emergency surgery or have an accident that results in a wound, tell the doctor that you are on dexamethasone.
- Talk to your doctor before receiving any vaccinations during your treatment. Some vaccinations are not recommended while receiving dexamethasone.

## How to Take Your Medicine

- **For Oral (by mouth):** You can take the medicine with or without food. If you have nausea or upset stomach, take it with food.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for further instructions. Do not take 2 doses at the same time or extra doses.
- **Handling:** Wash your hands with soap and water, before and after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- **Storage:** Store this medicine in the original container at room temperature. Protect from moisture and light. Discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- Drink enough fluids to keep your urine pale yellow.
- To help with nausea and vomiting, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you throw up, you should drink more fluids so that you do not become dehydrated (lack of water in the body from losing too much fluid).



- Avoid gas-producing foods, such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.
- Manage tiredness by pacing your activities for the day.
- Be sure to include periods of rest between energy-draining activities.
- To help with muscle weakness, get regular exercise. If you feel too tired to exercise vigorously, try taking a short walk.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.
- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- If you get a rash do not put anything on it unless your doctor or nurse says you may. Keep the area around the rash clean and dry. Ask your doctor for medicine if your rash bothers you.
- Moisturize your skin several times a day.
- Avoid sun exposure and apply sunscreen routinely when outdoors.

## Food and Medicine Interactions

- This medicine may interact with grapefruit and grapefruit juice. Talk to your doctor as this could make side effects worse.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with dexamethasone. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplement to make sure that there are no interactions.
- There are known interactions of dexamethasone with other medicines and products like acetaminophen, aspirin, and ibuprofen. Ask your doctor what over-the-counter (OTC) medicines you can take for fever, headache and muscle and joint pain.
- This medicine may interact with St. John's Wort and may lower the levels of the medicine in your body, which can make it less effective.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Headache that does not go away
- Blurred vision or other changes in eyesight
- Feel irritable, nervous or restless
- Trouble falling or staying asleep



- Severe mood changes such as depression or unusual thoughts and/or behaviors
- Thoughts of hurting yourself or others, and suicide
- Feeling abnormally well
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness
- Tiredness or extreme weakness that interferes with your daily activities
- Feeling dizzy or lightheaded
- Feeling that your heart is beating fast or in a not normal way (palpitations)
- Chest pain or symptoms of a heart attack. Most heart attacks involve pain in the center of the chest that lasts more than a few minutes. The pain may go away and come back, or it can be constant. It can feel like pressure, squeezing, fullness, or pain. Sometimes pain is felt in one or both arms, the back, neck, jaw, or stomach. **If any of these symptoms last 2 minutes, call 911.**
- Wheezing and/or trouble breathing
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Pain in your abdomen or uncomfortable bloating that does not go away
- Difficulty swallowing
- Diarrhea, 4 times in one day or diarrhea with lack of strength or a feeling of being dizzy
- Blood in your vomit (bright red or coffee-ground) and or stools (bright red or black tarry)
- Coughing up blood
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Swelling of the hands, feet, or any other part of the body
- Weight gain of 5 pounds in one week (fluid retention)
- Lasting loss of appetite or unexplained weight loss
- Signs of possible liver problems: dark urine, pale bowel movements, pain in your abdomen, feeling very tired and weak, unusual itching, or yellowing of the eyes or skin
- Severe muscle weakness
- A new rash and/or itching or a rash that is not relieved by prescribed medicines
- Dry skin that is bothersome
- Signs of infection: fever or chills, cough, trouble breathing, severe pain in your abdomen, difficulty urinating, burning or pain when you pass urine, redness and/or swelling of the skin
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** It is not known if this medicine may harm an unborn child. For this reason, be sure to talk with your doctor if you are pregnant or planning to become pregnant while receiving this medicine. Let your doctor know right away if you think you may be pregnant or may have impregnated your partner.



- **Breastfeeding warning:** This medicine can pass into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children.

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