

HIGH DOSE DEXAMETHASONE

INDICATION: Myeloma

Prior to a course of treatment

- Check FBC, U&Es, creat
- Written consent for course

Prior to each cycle

- Medical review of fitness for chemotherapy – exclude active infection, major changes in organ function
- Check FBC, U&Es, creat
- Encourage patient to drink 3L fluid daily

Dexamethasone 40mg PO days 1-4

Repeat cycle initially every 2 weeks until response then reduce to every 4 weeks

Continue treatment until maximum response

Prophylaxis for acute & delayed emesis

Not usually necessary

Other medications

Consider allopurinol 300mg od (if Cr.Cl <20ml/min use 100mg) for 5 days with cycle 1

Ranitidine 150mg bd

Cotrimoxazole 480mg od

Corsodyl & Nystatin mouthwash

Dose modifications for haematological toxicity, renal and liver dysfunction

- No dose adjustment necessary

High Dose Dexamethasone Toxicities

Hyperglycaemia

Fluid retention and oedema

Gastric ulceration

Confusion, mood or personality change

Pancreatitis

Myopathy

Opportunist infection

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