HOW TO PREMEDICATE for Pediatric Patient

Standard oral premedication regimen:
• Prednisone – 0.5-0.7 mg/kg PO, 13, 7, and 1 hour prior to the procedure (50 mg maximum dose)
• Diphenhydramine – 1.25 mg/kg PO 1 hour prior (50 mg maximum dose)

Source: PJS 1/19/09

Please note: if a patient requires premedication that includes diphenhydramine (Benadryl), they will need to arrange for a driver to and from the appointment, due to the possibility of drowsiness from the required medication.

HOW TO PREMEDICATE for Adult Patient

Standard oral premedication regimen:
• Prednisone – 50 mg PO, 13, 7, and 1 hour prior to the procedure*
• Diphenhydramine – 50 mg PO 1 hour prior to the procedure **

*Note: Doses may be distributed unevenly to allow a patient to get a reasonable night’s sleep the evening prior to the CT; however, the first dose should be taken more than 11 hours before the time the exam is scheduled to be performed.

**Note: It is not critical to administer diphenhydramine as part of the premedication regimen (there are published regimens using corticosteroids only). In other words, although it is part of the UM premedication protocol, it is not considered mandatory.

Urgent IV premedication protocol (indications: ED patients, inpatients, and medically urgent outpatients):
• Hydrocortisone – 200 mg IV, 5 hours and 1 hour prior to the procedure
• Diphenhydramine – 50 mg PO (or IM or IV, if patient cannot take PO), one hour prior to the procedure
  Note: If preferred, methylprednisolone 40 mg IV can be substituted for hydrocortisone 200 mg, dose for dose.

Source: MD/RHC/JHE/EK 9/5/2017