

IODINE REACTION ADVISORY

PROVIDERS:

Please find below our recommendations on premedications for patients who may have an adverse reaction to iodine.



Treatments should be determined on a case-by-case basis according to what is appropriate given that patient's history.

Patient Name: _____ D.O.B: _____

PREMEDICATIONS - ADULT PATIENTS

Standard oral premedication regimen

- o **Prednisone** - 50mg PO, 12, 7, and 1 hour prior to the procedure*
- o **Diphenhydramine** - 50mg 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 12 hours before the time the exam is scheduled to be performed. Patient will need a driver.*

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

Alternate IV protocol if a patient cannot take oral medications

- o **Hydrocortisone** - 200mg IV, 13, 7 and 1 hour prior to the procedure.
- o **Diphenhydramine** - 50mg IM or IV, 1 hour prior to the procedure

Urgent IV premedication protocol, when iodinated contrast is needed on an urgent/ emergency basis only:

- o **Hydrocortisone** - 200mg IV, 5 hours and 1 hour prior to the procedure.
- o **Diphenhydramine** - 50mg PO (or IM or IV, if patient cannot take PO), one hour prior to the procedure (if blood pressure permits)

NOTE: If clinician prefers, methylprednisolone 40mg IV can be substituted for hydrocortisone 200mg dose for dose.

PREMEDICATIONS - PEDIATRIC PATIENTS

Standard oral premedication regimen

- o **Prednisone** - 0.5-0.7mg/kg PO 13, 7 and 1 hour prior to the procedure (50mg maximum dose)
- o **Diphenhydramine** - 1.25mg/kg PO 1 hour prior (50mg maximum dose)



PLEASE NOTE: If a patient requires premedication that includes diphenhydramine (Benadryl), they will need to arrange a driver to and from the appointment due to possibility of drowsiness from the required medications.

*Please note that this is only a suggested regimen; discretion in treatment is up to the patient's physicians based on patient history.



SCHEDULING : (661) 324-7000

RECORDS : (661) 334-3164

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