

Medication Information Card

Dexamethasone (Dex a – meth – a – sone)

Other names for this medication

Decadron[®]

There are other names for this medication.

How this medication is used

This medication reduces inflammation and pain.

It is also used in immune diseases and some types of cancer.

This medication can also be used to help prevent nausea.

How to take this medication

Take this medication exactly as directed by your doctor.

To avoid stomach upset, take this medication with a meal or snack.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

Do not stop taking this medication without checking with your doctor first.

When it is time to stop taking dexamethasone, your doctor may slowly decrease the amount of medication you are taking.

While taking this medication you may notice

- a sense of well-being
- an increased appetite
- weight gain
- upset stomach
- swelling of hands, feet or face
- trouble sleeping
- skin changes such as acne or stretch marks
- restlessness
- dizziness
- bruising
- headache
- increased sweating
- increased blood pressure
- increased blood sugar levels

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

To avoid weight gain, follow a healthy diet and exercise plan. Talk to your doctor or dietitian for help.

Contact your doctor if you notice

- black or bloody tarry stools
- a painful or burning feeling in your stomach
- wounds that do not heal
- a fever for 24 hours or more
- muscle pain and weakness
- blurred vision or other problems seeing
- frequent mood changes or unusual behaviour for you
- depression
- mouth sores or redness inside your mouth
- severe swelling of hands, feet and face
- a lot of bruising or bleeding
- changes in your menstrual cycle
- new pain in hips, groin or thighs