

## **SOLU-MEDROL**

### **Table of Content**

*Please click on either of the following links to access the required information:*

**[Prescribing Information](#)**  
**[Patient Information Leaflet](#)**

## 1. NAME OF THE MEDICINAL PRODUCT

SOLU-MEDROL

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Active ingredient: Methylprednisolone Sodium Succinate.

Methylprednisolone Sodium Succinate is available for IV or IM administration as:

### **Vial (may be packaged with a diluent)**

500 mg/8 mL Vial containing methylprednisolone sodium succinate equivalent to 500 mg methylprednisolone.

1 g/16 mL Vial containing methylprednisolone sodium succinate equivalent to 1 g methylprednisolone.

2 g/32 mL Vial containing methylprednisolone sodium succinate equivalent to 2 g methylprednisolone.

Not all strengths may be available locally.

## 3. PHARMACEUTICAL FORM

Sterile powder for injection.

## 4. CLINICAL PARTICULARS

### 4.1 Therapeutic Indications

Methylprednisolone sodium succinate is indicated in the following conditions:

#### **Endocrine Disorders**

- primary or secondary adrenocortical insufficiency (in conjunction with mineralocorticoids, where applicable);
- acute adrenocortical insufficiency (mineralocorticoid supplementation may be necessary);
- shock secondary to adrenocortical insufficiency, or shock unresponsive to conventional therapy when adrenal cortical insufficiency may be present (when mineralocorticoid activity is undesirable);
- pre-operatively, or in the event of serious trauma or illness, in patients with known adrenal insufficiency or when adrenocortical reserve is doubtful;
- congenital adrenal hyperplasia;
- non-suppurative thyroiditis;
- hypercalcemia associated with cancer.

**Rheumatic Disorders** (as adjunctive therapy for short-term administration in the management of an acute episode or exacerbation)

- post-traumatic osteoarthritis;
- synovitis of osteoarthritis;

- rheumatoid arthritis, including juvenile rheumatoid arthritis;
- acute and subacute bursitis;
- epicondylitis;
- acute non-specific tenosynovitis;
- acute gouty arthritis;
- psoriatic arthritis;
- ankylosing spondylitis.

**Collagen Diseases and Immune Complex Diseases** (during an exacerbation or as maintenance therapy in selected cases)

- systemic lupus erythematosus (and lupus nephritis);
- acute rheumatic carditis;
- systemic dermatomyositis (polymyositis);
- polyarteritis nodosa;
- Goodpasture's syndrome.

**Dermatologic Diseases**

- pemphigus;
- severe erythema multiforme (Stevens-Johnson syndrome);
- exfoliative dermatitis;
- severe psoriasis;
- bullous dermatitis herpetiformis;
- severe seborrheic dermatitis;
- mycosis fungoides.

**Allergic States** (to control severe or incapacitating allergic conditions intractable to adequate trials of conventional treatment)

- bronchial asthma;
- contact dermatitis;
- atopic dermatitis;
- serum sickness;
- drug hypersensitivity reactions;
- urticarial transfusion reactions;
- acute non-infectious laryngeal edema.

**Ophthalmic Diseases** (severe acute and chronic allergic and inflammatory processes involving the eye)

- herpes zoster ophthalmicus;
- iritis, iridocyclitis;
- chorioretinitis;
- diffuse posterior uveitis and choroiditis;
- optic neuritis;
- sympathetic ophthalmia.

**Gastrointestinal Diseases** (to manage critical periods of the disease)

- ulcerative colitis;
- regional enteritis.

### **Respiratory Diseases**

- symptomatic sarcoidosis;
- berylliosis;
- fulminating or disseminated tuberculosis (when used concurrently with appropriate antituberculous chemotherapy);
- Loeffler's syndrome not manageable by other means;
- aspiration pneumonitis.

### **Hematologic Disorders**

- acquired (autoimmune) hemolytic anemia;
- idiopathic thrombocytopenic purpura in adults;
- secondary thrombocytopenia in adults;
- erythroblastopenia (RBC anemia);
- congenital (erythroid) hypoplastic anemia.

### **Neoplastic Diseases** (palliative management)

- leukemias and lymphomas in adults;
- acute leukemia of childhood.

### **Edematous States**

- To induce diuresis or remission of proteinuria in the nephrotic syndrome without uremia.

### **Nervous System**

- cerebral edema from primary or metastatic tumors, or surgical or radiation therapy;
- acute exacerbations of multiple sclerosis;
- acute spinal cord injury. The treatment should begin within 8 hours of injury.

### **Other Indications**

- tuberculous meningitis with subarachnoid block or impending block (when used concurrently with appropriate antituberculous chemotherapy);
- trichinosis with neurologic or myocardial involvement;
- organ transplantation;
- prevention of nausea and vomiting associated with cancer chemotherapy.

## **4.2 Posology and Method of Administration**

Methylprednisolone sodium succinate may be administered by intravenous (IV) injection or infusion, or by intramuscular (IM) injection. The preferred method for initial emergency use is IV injection. Dosage may be reduced for infants and children but should be selected based on the severity of the condition and the response of the patient rather than on the age or weight of the patient. The pediatric dosage should not be less than 0.5 mg/kg every 24 hours.

Dosage requirements are variable and must be individualized on the basis of the disease under treatment, its severity and the response of the patient over the entire duration of treatment. A risk/benefit decision must be made in each individual case on an ongoing basis.

The lowest possible dose of corticosteroid should be used to control the condition under treatment for the minimum period. The proper maintenance dosage should be determined by

decreasing the initial drug dosage in small decrements at appropriate time intervals until the lowest dosage, which will maintain an adequate clinical response, is reached.

If after long-term therapy the drug is to be stopped, it needs to be withdrawn gradually rather than abruptly (see section **4.4 Special Warnings and Precautions for Use**).

Following the initial emergency period, consideration should be given to employing a longer acting injectable preparation or an oral preparation.

As adjunctive therapy in life-threatening conditions, administer 30 mg/kg IV over a period of at least 30 minutes. The dose may be repeated every 4 to 6 hours for up to 48 hours.

Methylprednisolone IV pulses, consisting of administration of 250 – 1000 mg/day for a few days (usually  $\leq 5$  days) may be suitable during exacerbation episodes or conditions unresponsive to standard therapy, such as: rheumatic disorders, systemic lupus erythematosus, edematous states, such as glomerulonephritis or lupus nephritis. In treatment of acute exacerbations of multiple sclerosis, administer pulses of 500 or 1000 mg/day for 3 or 5 days over 30 minutes.

As adjunctive therapy in other conditions, the initial dose will vary from 10 to 500 mg IV, depending on the clinical condition. Larger doses may be required for short-term management of severe, acute conditions. Initial doses up to 250 mg should be administered IV over a period of at least 5 minutes, while larger doses should be administered over at least 30 minutes. Subsequent doses may be administered IV or IM at intervals dictated by the patient's response and clinical condition.

To avoid compatibility and stability problems, it is recommended that methylprednisolone sodium succinate be administered separately from other drugs whenever possible, as either IV push, through an IV medication chamber, as an IV "piggy-back" solution, or via an infusion pump (see section **6.6 Instructions for Use / Handling Preparation of Solutions**).

Some of the methylprednisolone sodium succinate formulations come with a diluent that contains benzyl alcohol (see section **4.4 Special Warnings and Precautions for Use, Use in Children**).

### **4.3 Contraindications**

Methylprednisolone sodium succinate is contraindicated:

- In patients who have systemic fungal infections.
- In patients with known hypersensitivity to methylprednisolone or any component of the formulation.
- For use by the intrathecal route of administration.
- For use by the epidural route of administration.

Administration of live or live, attenuated vaccines is contraindicated in patients receiving immunosuppressive doses of corticosteroids.

#### 4.4 Special Warnings and Precautions for Use

##### **Immunosuppressant Effects/Increased Susceptibility to Infections**

Corticosteroids increase susceptibility to infection, may mask some signs of infection, and new infections may appear during their use. There may be decreased resistance and inability to localize infection when corticosteroids are used. Infections with any pathogen including viral, bacterial, fungal, protozoan or helminthic organisms, in any location in the body, may be associated with the use of corticosteroids alone or in combination with other immunosuppressive agents that affect cellular or humoral immunity, or neutrophil function. These infections may be mild, but can be severe and at times fatal. With increasing doses of corticosteroids, the rate of occurrence of infectious complications increases.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chicken pox and measles, for example, can have a more serious or even fatal course in non-immune children or adults on corticosteroids. Similarly, corticosteroids should be used with great care in patients with known or suspected parasitic infections, such as *Strongyloides* (threadworm) infestation, which may lead to *Strongyloides* hyperinfection and dissemination with widespread larval migration, often accompanied by severe enterocolitis and potentially fatal gram-negative septicemia.

Administration of live or live, attenuated vaccines is contraindicated in patients receiving immunosuppressive doses of corticosteroids. Killed or inactivated vaccines may be administered to patients receiving immunosuppressive doses of corticosteroids; however, the response to such vaccines may be diminished. Indicated immunization procedures may be undertaken in patients receiving non-immunosuppressive doses of corticosteroids.

The use of corticosteroids in active tuberculosis should be restricted to those cases of fulminating or disseminated tuberculosis in which the corticosteroid is used for the management of the disease in conjunction with appropriate anti-tuberculosis regimen.

If corticosteroids are indicated in patients with latent tuberculosis or tuberculin reactivity, close observation is necessary as reactivation of the disease may occur. During prolonged corticosteroid therapy, these patients should receive chemoprophylaxis.

Kaposi's sarcoma has been reported to occur in patients receiving corticosteroid therapy. Discontinuation of corticosteroids may result in clinical remission.

The role of corticosteroids in septic shock has been controversial, with early studies reporting both beneficial and detrimental effects. More recently, supplemental corticosteroids have been suggested to be beneficial in patients with established septic shock who exhibit adrenal insufficiency. However, their routine use in septic shock is not recommended. A systematic review of short-course, high-dose corticosteroids did not support their use. However, meta-analyses, and a review suggest that longer courses (5-11 days) of low-dose corticosteroids might reduce mortality, especially in patients with vasopressor-dependent septic shock.

##### **Immune System Effects**

Allergic reactions may occur. Because rare instances of skin reactions and anaphylactic/anaphylactoid reactions have occurred in patients receiving corticosteroid

therapy, appropriate precautionary measures should be taken prior to administration, especially when the patient has a history of allergy to any drug.

### **Endocrine Effects**

In patients on corticosteroid therapy subjected to unusual stress, increased dosage of rapidly acting corticosteroids before, during and after the stressful situation is indicated.

Pharmacologic doses of corticosteroids administered for prolonged periods may result in hypothalamic-pituitary-adrenal (HPA) suppression (secondary adrenocortical insufficiency). The degree and duration of adrenocortical insufficiency produced is variable among patients and depends on the dose, frequency, time of administration, and duration of glucocorticoid therapy.

In addition, acute adrenal insufficiency leading to a fatal outcome may occur if glucocorticoids are withdrawn abruptly.

Drug-induced secondary adrenocortical insufficiency may therefore be minimized by gradual reduction of dosage. This type of relative insufficiency may persist for months after discontinuation of therapy; therefore, in any situation of stress occurring during that period, hormone therapy should be reinstated.

A steroid “withdrawal syndrome,” seemingly unrelated to adrenocortical insufficiency, may also occur following abrupt discontinuance of glucocorticoids. This syndrome includes symptoms, such as: anorexia, nausea, vomiting, lethargy, headache, fever, joint pain, desquamation, myalgia, weight loss, and/or hypotension. These effects are thought to be due to the sudden change in glucocorticoid concentration rather than to low corticosteroid levels.

Because glucocorticoids can produce or aggravate Cushing’s syndrome, glucocorticoids should be avoided in patients with Cushing’s disease.

There is an enhanced effect of corticosteroids on patients with hypothyroidism.

### **Metabolism and Nutrition**

Corticosteroids, including methylprednisolone, can increase blood glucose, worsen pre-existing diabetes, and predispose those on long-term corticosteroid therapy to diabetes mellitus.

### **Psychiatric Effects**

Psychic derangements may appear when corticosteroids are used, ranging from euphoria, insomnia, mood swings, personality changes, and severe depression to frank psychotic manifestations. Also, existing emotional instability or psychotic tendencies may be aggravated by corticosteroids.

Potentially severe psychiatric adverse reactions may occur with systemic steroids. Symptoms typically emerge within a few days or weeks of starting treatment. Most reactions recover after either dose reduction or withdrawal, although specific treatment may be necessary. Psychological effects have been reported upon withdrawal of corticosteroids; the frequency is unknown. Patients/caregivers should be encouraged to seek medical attention if psychological symptoms develop in the patient, especially if depressed mood or suicidal ideation is suspected. Patients/caregivers should be alert to possible psychiatric disturbances

that may occur either during or immediately after dose tapering/withdrawal of systemic steroids.

### **Cardiac Effects**

Adverse effects of glucocorticoids on the cardiovascular system, such as dyslipidemia and hypertension, may predispose treated patients with existing cardiovascular risk factors to additional cardiovascular effects, if high doses and prolonged courses are used. Accordingly, corticosteroids should be employed judiciously in such patients and attention should be paid to risk modification and additional cardiac monitoring if needed.

There are reports of cardiac arrhythmias, and/or circulatory collapse, and/or cardiac arrest following the rapid administration of large intravenous doses of methylprednisolone sodium succinate (more than 0.5 g administered over a period of less than 10 minutes). Bradycardia has been reported during or after the administration of large doses of methylprednisolone sodium succinate, and may be unrelated to the speed or duration of infusion.

Use of systemic corticosteroid is not recommended in patients with congestive heart failure.

### **Vascular Effects**

Thrombosis including venous thromboembolism has been reported to occur with corticosteroids. As a result corticosteroids should be used with caution in patients who have or may be predisposed to thromboembolic disorders.

Steroids should be used with caution in patients with hypertension.

### **Ocular Effects**

Corticosteroids should be used cautiously in patients with ocular herpes simplex because of possible corneal perforation.

Prolonged use of corticosteroids may produce posterior subcapsular cataracts and nuclear cataracts (particularly in children), exophthalmos, or increased intraocular pressure, which may result in glaucoma with possible damage to the optic nerves. Establishment of secondary fungal and viral infections of the eye may also be enhanced in patients receiving glucocorticoids.

Corticosteroid therapy has been associated with central serous chorioretinopathy, which may lead to retinal detachment.

Visual disturbance may be reported with systemic and topical corticosteroid use. If a patient presents with symptoms such as blurred vision or other visual disturbances, the patient should be considered for referral to an ophthalmologist for evaluation of possible causes which may include cataract, glaucoma or rare diseases such as central serous chorioretinopathy (CSCR) which have been reported after use of systemic and topical corticosteroids.

### **Nervous System Effects**

Use of corticosteroids is not recommended in patients with seizure disorders.

Corticosteroids should be used with caution in patients with myasthenia gravis. (Also see myopathy statement in **Musculoskeletal Effects** section.)



Although controlled clinical trials have shown corticosteroids to be effective in speeding the resolution of acute exacerbations of multiple sclerosis, they do not show that corticosteroids affect the ultimate outcome or natural history of the disease. The studies do show that relatively high doses of corticosteroids are necessary to demonstrate a significant effect.

Severe medical events have been reported in association with the intrathecal/epidural routes of administration (see sections **4.3 Contraindications** and **4.8 Undesirable Effects**).

There have been reports of epidural lipomatosis in patients taking corticosteroids, typically with long-term use at high doses.

### **Gastrointestinal Effects**

High doses of corticosteroids may produce acute pancreatitis.

Glucocorticoid therapy may mask the symptoms of peptic ulcer so that perforation or hemorrhage may occur without significant pain. Glucocorticoid therapy may mask peritonitis or other signs or symptoms associated with gastrointestinal disorders such as perforation, obstruction or pancreatitis. In combination with NSAIDs, the risk of developing gastrointestinal ulcers is increased.

Corticosteroids should be used with caution in patients with non-specific ulcerative colitis if there is a probability of impending perforation, abscess, or other pyogenic infection, diverticulitis, fresh intestinal anastomoses, or active or latent peptic ulcer.

### **Hepatobiliary Effects**

Drug-induced liver injury, such as acute hepatitis can result from cyclical pulsed IV methylprednisolone (usually at doses of 1 g/day). The time to onset of acute hepatitis can be several weeks or longer. Resolution of the adverse event has been observed after treatment was discontinued.

### **Musculoskeletal Effects**

An acute myopathy has been reported with the use of high doses of corticosteroids, most often occurring in patients with disorders of neuromuscular transmission (e.g., myasthenia gravis), or in patients receiving concomitant therapy with anticholinergics, such as neuromuscular blocking drugs (e.g., pancuronium). This acute myopathy is generalized, may involve ocular and respiratory muscles, and may result in quadriparesis. Elevations of creatine kinase may occur. Clinical improvement or recovery after stopping corticosteroids may require weeks to years.

Osteoporosis is a common but infrequently recognized adverse effect associated with a long-term use of large doses of glucocorticoid.

### **Renal and Urinary Disorders**

Caution is required in patients with systemic sclerosis because an increased incidence of scleroderma renal crisis has been observed with corticosteroids, including methylprednisolone.

Corticosteroids should be used with caution in patients with renal insufficiency.

## **Investigations**

Average and large doses of hydrocortisone or cortisone can cause elevation of blood pressure, salt and water retention, and increased excretion of potassium. These effects are less likely to occur with the synthetic derivatives except when used in large doses. Dietary salt restriction and potassium supplementation may be necessary. All corticosteroids increase calcium excretion.

## **Injury, Poisoning and Procedural Complications**

Systemic corticosteroids are not indicated for, and therefore, should not be used to treat, traumatic brain injury; a multicenter study revealed an increased mortality at 2 weeks and 6 months after injury in patients administered methylprednisolone sodium succinate compared to placebo. A causal association with methylprednisolone sodium succinate treatment has not been established.

## **Other**

Since complications of treatment with glucocorticoids are dependent on the size of the dose and the duration of treatment, a risk/benefit decision must be made in each individual case as to dose and duration of treatment as to whether daily or intermittent therapy should be used.

The lowest possible dose of corticosteroid should be used to control the condition under treatment and when reduction in dosage is possible, the reduction should be gradual.

Aspirin and non-steroidal anti-inflammatory agents should be used cautiously in conjunction with corticosteroids.

Pheochromocytoma crisis, which can be fatal, has been reported after administration of systemic corticosteroids. Corticosteroids should only be administered to patients with suspected or identified pheochromocytoma after an appropriate risk/benefit evaluation.

In post-marketing experience, tumor lysis syndrome (TLS) has been reported in patients with malignancies, including hematological malignancies and solid tumors, following the use of systemic corticosteroids alone or in combination with other chemotherapeutic agents. Patients at high risk of TLS, such as patients with tumors that have a high proliferative rate, high tumor burden and high sensitivity to cytotoxic agents, should be monitored closely and appropriate precautions should be taken.

## **Use in Children**

The following statement applies only when benzyl alcohol is included in the diluent.

The preservative benzyl alcohol has been associated with serious adverse events, including the “gaspings syndrome”, and death in pediatric patients. Although normal therapeutic doses of this product ordinarily deliver amounts of benzyl alcohol that are substantially lower than those reported in association with the “gaspings syndrome”, the minimum amount of benzyl alcohol at which toxicity may occur is not known. The risk of benzyl alcohol toxicity depends on the quantity administered and the liver and kidneys’ capacity to detoxify the chemical. Premature and low-birth weight infants, as well as patients receiving high dosages, may be more likely to develop toxicity.

Growth and development of infants and children on prolonged corticosteroid therapy should be carefully observed. Growth may be suppressed in children receiving long-term, daily,

divided-dose glucocorticoid therapy and use of such regimen should be restricted to the most urgent indications.

Infants and children on prolonged corticosteroid therapy are at special risk from raised intracranial pressure.

High doses of corticosteroids may produce pancreatitis in children.

Hypertrophic cardiomyopathy may develop after administration of methylprednisolone to prematurely born infants, therefore appropriate diagnostic evaluation and monitoring of cardiac function and structure should be performed.

#### **4.5 Interaction with Other Medicinal Products and Other Forms of Interaction**

Methylprednisolone is a cytochrome P450 enzyme (CYP) substrate and is mainly metabolized by the CYP3A4 enzyme. CYP3A4 is the dominant enzyme of the most abundant CYP subfamily in the liver of adult humans. It catalyzes 6 $\beta$ -hydroxylation of steroids, the essential Phase I metabolic step for both endogenous and synthetic corticosteroids. Many other compounds are also substrates of CYP3A4, some of which (as well as other drugs) have been shown to alter glucocorticoid metabolism by induction (upregulation) or inhibition of the CYP3A4 enzyme.

**CYP3A4 INHIBITORS** - Drugs that inhibit CYP3A4 activity generally decrease hepatic clearance and increase the plasma concentration of CYP3A4 substrate medications, such as methylprednisolone. In the presence of a CYP3A4 inhibitor, the dose of methylprednisolone may need to be titrated to avoid steroid toxicity.

**CYP3A4 INDUCERS** - Drugs that induce CYP3A4 activity generally increase hepatic clearance, resulting in decreased plasma concentration of medications that are substrates for CYP3A4. Co-administration may require an increase in methylprednisolone dosage to achieve the desired result.

**CYP3A4 SUBSTRATES** - In the presence of another CYP3A4 substrate, the hepatic clearance of methylprednisolone may be affected, with corresponding dosage adjustments required. It is possible that adverse events associated with the use of either drug alone may be more likely to occur with co-administration.

**NON-CYP3A4-MEDIATED EFFECTS** - Other interactions and effects that occur with methylprednisolone are described in Table 1 below.

Table 1 provides a list and descriptions of the most common and/or clinically important drug interactions or effects with methylprednisolone.

**Table 1. Important drug or substance interactions/effects with methylprednisolone**

<b>Drug Class or Type - DRUG or SUBSTANCE</b>	<b>Interaction/Effect</b>
Antibacterial - ISONIAZID	CYP3A4 INHIBITOR. In addition, there is a potential effect of methylprednisolone to increase the acetylation rate and clearance of isoniazid.
Antibiotic, Antitubercular - RIFAMPIN	CYP3A4 INDUCER.

<b>Drug Class or Type - DRUG or SUBSTANCE</b>	<b>Interaction/Effect</b>
Anticoagulants (oral)	The effect of methylprednisolone on oral anticoagulants is variable. There are reports of enhanced as well as diminished effects of anticoagulants when given concurrently with corticosteroids. Therefore, coagulation indices should be monitored to maintain the desired anticoagulant effects.
Anticonvulsants - CARBAMAZEPINE	CYP3A4 INDUCER (and SUBSTRATE).
Anticonvulsants - PHENOBARBITAL - PHENYTOIN	CYP3A4 INDUCERS.
Anticholinergics - NEUROMUSCULAR BLOCKERS	Corticosteroids may influence the effect of anticholinergics. 1) An acute myopathy has been reported with the concomitant use of high doses of corticosteroids and anticholinergics, such as neuromuscular blocking drugs (see section <b>4.4 Special Warnings and Precautions for Use, Musculoskeletal Effects</b> , for additional information). 2) Antagonism of the neuromuscular blocking effects of pancuronium and vecuronium has been reported in patients taking corticosteroids. This interaction may be expected with all competitive neuromuscular blockers.
Anticholinesterases	Steroids may reduce the effects of anticholinesterases in myasthenia gravis.
Antidiabetics	Because corticosteroids may increase blood glucose concentrations, dosage adjustments of antidiabetic agents may be required.
Antiemetic - APREPITANT - FOSAPREPITANT	CYP3A4 INHIBITORS (and SUBSTRATES).
Antifungal - ITRACONAZOLE - KETOCONAZOLE	CYP3A4 INHIBITORS (and SUBSTRATES).
Antivirals - HIV-PROTEASE INHIBITORS	CYP3A4 INHIBITORS (and SUBSTRATES). 1) Protease inhibitors, such as indinavir and ritonavir, may increase plasma concentrations of corticosteroids. 2) Corticosteroids may induce the metabolism of HIV-protease inhibitors resulting in reduced plasma concentrations.
Aromatase Inhibitors - AMINOGLUTETHIMIDE	Aminoglutethimide-induced adrenal suppression may exacerbate endocrine changes caused by prolonged glucocorticoid treatment.
Calcium Channel Blocker - DILTIAZEM	CYP3A4 INHIBITOR (and SUBSTRATE).
Contraceptives (oral) - ETHINYLESTRADIOL / NORETHINDRONE	CYP3A4 INHIBITOR (and SUBSTRATE).
- GRAPEFRUIT JUICE	CYP3A4 INHIBITOR.
Immunosuppressant - CYCLOSPORINE	CYP3A4 INHIBITOR (and SUBSTRATE). 1) Mutual inhibition of metabolism occurs with concurrent use of cyclosporine and methylprednisolone,

Drug Class or Type - DRUG or SUBSTANCE	Interaction/Effect
	<p>which may increase the plasma concentrations of either or both drugs. Therefore, it is possible that adverse events associated with the use of either drug alone may be more likely to occur upon co-administration.</p> <p>2) Convulsions have been reported with concurrent use of methylprednisolone and cyclosporine.</p>
Immunosuppressant - CYCLOPHOSPHAMIDE - TACROLIMUS	CYP3A4 SUBSTRATES.
Macrolide Antibacterial - CLARITHROMYCIN - ERYTHROMYCIN	CYP3A4 INHIBITORS (and SUBSTRATES).
Macrolide Antibacterial - TROLEANDOMYCIN	CYP3A4 INHIBITOR.
NSAIDs (non-steroidal anti-inflammatory drugs) - high-dose ASPIRIN (acetylsalicylic acid)	<p>1) There may be increased incidence of gastrointestinal bleeding and ulceration when corticosteroids are given with NSAIDs.</p> <p>2) Methylprednisolone may increase the clearance of high-dose aspirin, which can lead to decreased salicylate serum levels. Discontinuation of methylprednisolone treatment can lead to raised salicylate serum levels, which could lead to an increased risk of salicylate toxicity.</p>
Potassium Depleting Agents	When corticosteroids are administered concomitantly with potassium depleting agents (i.e., diuretics), patients should be observed closely for development of hypokalemia. There is also an increased risk of hypokalemia with concurrent use of corticosteroids with amphotericin B, xanthines, or beta2 agonists.

### Incompatibilities

To avoid compatibility and stability problems, it is recommended that methylprednisolone sodium succinate be administered separately from other compounds that are administered via the IV route of administration. Drugs that are physically incompatible in solution with methylprednisolone sodium succinate include, but are not limited to: allopurinol sodium, doxapram hydrochloride, tigecycline, diltiazem hydrochloride calcium gluconate, vecuronium bromide, rocuronium bromide, cisatracurium besylate, glycopyrrolate, propofol (see section **6.2 Incompatibilities** for additional information).

## **4.6 Fertility, Pregnancy and Lactation**

### **Fertility**

Corticosteroids have been shown to impair fertility in animal studies (see section **5.3 Preclinical Safety Data**).

### **Pregnancy**

Animal studies have shown that corticosteroids, when administered to the mother at high doses, may cause fetal malformations. However, corticosteroids do not appear to cause congenital anomalies when given to pregnant women. Since adequate human reproductive studies have not been done with methylprednisolone sodium succinate, this medicinal product

should be used during pregnancy only after a careful assessment of the benefit-risk ratio to the mother and fetus.

Some corticosteroids readily cross the placenta. One retrospective study found an increased incidence of low-birth weights in infants born of mothers receiving corticosteroids. In humans, the risk of low birth weight appears to be dose related and may be minimized by administering lower corticosteroid doses. Infants born to mothers who have received substantial doses of corticosteroids during pregnancy must be carefully observed and evaluated for signs of adrenal insufficiency, although neonatal adrenal insufficiency appears to be rare in infants who were exposed *in utero* to corticosteroids.

There are no known effects of corticosteroids on labor and delivery.

Cataracts have been observed in infants born to mothers treated with long-term corticosteroids during pregnancy.

Benzyl alcohol can cross the placenta (see section **4.4 Special Warnings and Precautions for Use**).

### **Lactation**

Corticosteroids are excreted in breast milk.

Corticosteroids distributed into breast milk may suppress growth and interfere with endogenous glucocorticoid production in nursing infants. This medicinal product should be used during breast feeding only after a careful assessment of the benefit-risk ratio to the mother and infant.

### **4.7 Effects on Ability to Drive and Use Machines**

The effect of corticosteroids on the ability to drive or use machinery has not been systematically evaluated. Undesirable effects, such as dizziness, vertigo, visual disturbances, and fatigue are possible after treatment with corticosteroids. If affected, patients should not drive or operate machinery.

### **4.8 Undesirable Effects**

The following adverse reactions have been reported with the following contraindicated routes of administration: Intrathecal/Epidural: Arachnoiditis, functional gastrointestinal disorder/bladder dysfunction, headache, meningitis, paraparesis/paraplegia, seizure, sensory disturbance.

**Table 2. Adverse drug reactions table**

<b>System Organ Class (MedDRA v.18.0)</b>	<b>Adverse Drug Reactions</b>
<b><i>Infections and infestations</i></b>	Opportunistic infection; Infection; Peritonitis <sup>#</sup>
<b><i>Blood and lymphatic system disorders</i></b>	Leukocytosis
<b><i>Immune system disorders</i></b>	Drug hypersensitivity (Anaphylactic reaction; Anaphylactoid reaction)
<b><i>Endocrine disorders</i></b>	Cushingoid; Hypothalamic-pituitary-adrenal axis suppression; Steroid withdrawal syndrome

<b>System Organ Class (MedDRA v.18.0)</b>	<b>Adverse Drug Reactions</b>
<i>Metabolism and nutrition disorders</i>	Metabolic acidosis; Sodium retention; Fluid retention; Alkalosis hypokalaemic; Dyslipidaemia; Glucose tolerance impaired; Increased insulin requirement (or oral hypoglycemic agents in diabetics); Lipomatosis; Increased appetite (which may result in Weight increased)
<i>Psychiatric disorders</i>	Affective disorder (including Depressed mood, Euphoric mood, Affect lability, Drug dependence, Suicidal ideation); Psychotic disorder (including Mania, Delusion, Hallucination, and Schizophrenia); Mental disorder; Personality change; Confusional state; Anxiety; Mood swings; Abnormal behaviour; Insomnia; Irritability
<i>Nervous system disorders</i>	Epidural lipomatosis; Intracranial pressure increased (with Papilloedema [Benign intracranial hypertension]); Seizure; Amnesia; Cognitive disorder; Dizziness; Headache
<i>Eye disorders</i>	Chorioretinopathy; Cataract; Glaucoma; Exophthalmos; Vision blurred (see also Section 4.4 <b>Special Warnings and Precautions for Use</b> )
<i>Ear and labyrinth disorders</i>	Vertigo
<i>Cardiac disorders</i>	Cardiac failure congestive (in susceptible patients); Arrhythmia; Myocardial rupture following a myocardial infarction*; Hypertrophic cardiomyopathy (in prematurely born infant)
<i>Vascular disorders</i>	Thrombosis; Hypertension; Hypotension
<i>Respiratory, thoracic and mediastinal disorders</i>	Pulmonary embolism; Hiccups
<i>Gastrointestinal disorders</i>	Peptic ulcer (with possible Peptic ulcer perforation and Peptic ulcer haemorrhage); Intestinal perforation; Gastric haemorrhage; Pancreatitis; Oesophagitis ulcerative; Oesophagitis; Abdominal distention; Abdominal pain; Diarrhoea; Dyspepsia; Nausea
<i>Hepatobiliary disorders</i>	Hepatitis <sup>†</sup>
<i>Skin and subcutaneous tissue disorders</i>	Angioedema; Hirsutism; Petechiae; Ecchymosis; Skin atrophy; Erythema; Hyperhidrosis; Skin striae; Rash; Pruritus; Urticaria; Acne; Skin hypopigmentation
<i>Musculoskeletal and connective tissue disorders</i>	Muscular weakness; Myalgia; Myopathy; Muscle atrophy; Osteoporosis; Osteonecrosis; Pathological fracture; Neuropathic arthropathy; Arthralgia; Growth retardation
<i>Reproductive system and breast disorders</i>	Menstruation irregular
<i>General disorders and administration site conditions</i>	Impaired healing; Oedema peripheral; Fatigue; Malaise; Injection site reaction
<i>Investigations</i>	Intraocular pressure increased; Carbohydrate tolerance decreased; Blood potassium decreased; Urine calcium increased; Alanine aminotransferase increased; Aspartate aminotransferase increased; Blood alkaline phosphatase increased; Blood urea increased; Suppression of reactions to skin tests*
<i>Injury, poisoning and procedural complications</i>	Spinal compression fracture; Tendon rupture

\* Not a MedDRA PT.

† Hepatitis has been reported with IV administration (see section **4.4 Special Warnings and Precautions for Use**).

# Peritonitis may be the primary presenting sign or symptom of a gastrointestinal disorder such as perforation, obstruction or pancreatitis (see section **4.4 Special Warnings and Precautions for Use**).

## **4.9 Overdose**

There is no clinical syndrome of acute overdosage with corticosteroids. Reports of acute toxicity and/or death following overdosage of corticosteroids are rare. In the event of overdosage, no specific antidote is available; treatment is supportive and symptomatic. Methylprednisolone is dialyzable.

## **5. PHARMACOLOGICAL PROPERTIES**

### **5.1 Pharmacodynamic Properties**

Methylprednisolone is a potent anti-inflammatory steroid. It has greater anti-inflammatory potency than prednisolone and lesser tendency than prednisolone to induce sodium and water retention.

Methylprednisolone sodium succinate has the same metabolic and anti-inflammatory actions as methylprednisolone. When given parenterally and in equimolar quantities, the two compounds are equivalent in biologic activity. The relative potency of methylprednisolone sodium succinate and hydrocortisone sodium succinate, as indicated by depression of eosinophil count, following intravenous administration, is at least four to one. This is in good agreement with the relative oral potency of methylprednisolone and hydrocortisone.

Methylprednisolone sodium succinate has been investigated for acute spinal cord injury in two randomized, double-blind, comparative National Acute Spinal Cord Injury Studies (NASCIS 2 and 3). Treatment should begin within 8 hours of injury. For patients initiated on treatment within 3 hours of injury: Administer 30 mg/kg as an IV bolus over a 15-minute period, followed by 45-minute pause, and then a continuous IV infusion of 5.4 mg/kg/h for 23 hours.

### **5.2 Pharmacokinetic Properties**

Methylprednisolone pharmacokinetics is linear, independent of route of administration.

#### Absorption:

After a 40 mg intramuscular dose of methylprednisolone sodium succinate to fourteen healthy adult male volunteers, the average peak concentration of 454 ng/mL was achieved at 1 hour. At 12 hours, the methylprednisolone plasma concentration has declined to 31.9 ng/mL. No methylprednisolone was detected 18 hours after dosing. Based on area-under-the-time-concentration curve, an indication of total drug absorbed, intramuscular methylprednisolone sodium succinate was found to be equivalent to the same dose administered intravenously.

Results of a study demonstrated that the sodium succinate ester of methylprednisolone is rapidly and extensively converted to the active methylprednisolone moiety after all routes of administration. Extent of absorption of free methylprednisolone following IV and IM administrations were found to be equivalent and significantly greater than those following



administration of the oral solution and oral methylprednisolone tablets. Since the extent of methylprednisolone absorbed following the IV and IM treatment was equivalent in spite of the greater amount of the hemisuccinate ester reaching the general circulation after IV administration, it appears that the ester is converted in the tissue after IM injection with subsequent absorption as free methylprednisolone.

#### Distribution:

Methylprednisolone is widely distributed into the tissues, crosses the blood-brain barrier, and is secreted in breast milk. Its apparent volume of distribution is approximately 1.4 L/kg. The plasma protein binding of methylprednisolone in humans is approximately 77%.

#### Metabolism:

In humans, methylprednisolone is metabolized in the liver to inactive metabolites; the major ones are 20 $\alpha$ -hydroxymethylprednisolone and 20 $\beta$ -hydroxymethylprednisolone. Metabolism in the liver occurs primarily via the CYP3A4. (For a list of drug interactions based on CYP3A4-mediated metabolism, see section **4.5 Interaction with Other Medicinal Products and Other Forms of Interaction.**)

Methylprednisolone, like many CYP3A4 substrates, may also be a substrate for the ATP-binding cassette (ABC) transport protein p-glycoprotein, influencing tissue distribution and interactions with other medicines.

#### Elimination:

The mean elimination half-life for total methylprednisolone is in the range of 1.8 to 5.2 hours. Total clearance is approximately 5 to 6 mL/min/kg.

### **5.3 Preclinical Safety Data**

Based on conventional studies of safety pharmacology and repeated-dose toxicity, no unexpected hazards were identified. The toxicities seen in the repeated-dose studies are those expected to occur with continued exposure to exogenous adrenocortical steroids.

#### Carcinogenesis:

Methylprednisolone has not been formally evaluated in rodent carcinogenicity studies. Variable results have been obtained with other glucocorticoids tested for carcinogenicity in mice and rats. However, published data indicate that several related glucocorticoids including budesonide, prednisolone, and triamcinolone acetonide can increase the incidence of hepatocellular adenomas and carcinomas after oral administration in drinking water to male rats. These tumorigenic effects occurred at doses which were less than the typical clinical doses on a mg/m<sup>2</sup> basis.

#### Mutagenesis:

Methylprednisolone has not been formally evaluated for genotoxicity. However, methylprednisolone sulfonate, which is structurally similar to methylprednisolone, was not mutagenic with or without metabolic activation in *Salmonella typhimurium* at 250 to 2,000  $\mu$ g/plate, or in a mammalian cell gene mutation assay using Chinese hamster ovary cells at 2,000 to 10,000  $\mu$ g/mL. Methylprednisolone suleptanate did not induce unscheduled DNA synthesis in primary rat hepatocytes at 5 to 1,000  $\mu$ g/mL. Moreover, a review of published data indicates that prednisolone farnesylate (PNF), which is structurally similar to methylprednisolone, was not mutagenic with or without metabolic activation in *Salmonella*

*typhimurium* and *Escherichia coli* strains at 312 to 5,000 µg/plate. In a Chinese hamster fibroblast cell line, PNF produced a slight increase in the incidence of structural chromosomal aberrations with metabolic activation at the highest concentration tested 1,500 µg/mL.

#### Reproductive toxicity:

Corticosteroids have been shown to reduce fertility when administered to rats. Male rats were administered corticosterone at doses of 0, 10, and 25 mg/kg/day by subcutaneous injection once daily for 6 weeks and mated with untreated females. The high dose was reduced to 20 mg/kg/day after Day 15. Decreased copulatory plugs were observed, which may have been secondary to decreased accessory organ weight. The numbers of implantations and live fetuses were reduced.

Corticosteroids have been shown to be teratogenic in many species when given in doses equivalent to the human dose. In animal reproduction studies, glucocorticoids, such as methylprednisolone have been shown to increase the incidence of malformations (cleft palate, skeletal malformations), embryo-fetal lethality (e.g., increase in resorptions), and intra-uterine growth retardation.

## **6. PHARMACEUTICAL PARTICULARS**

### **6.1 List of Excipients**

Solu-Medrol Sterile Powder for Injection:

- (a) Each vial (500 mg/8 mL, 1 g/16 mL, 2 g/32 mL) contains Methylprednisolone (as methylprednisolone sodium succinate), monobasic sodium phosphate monohydrate, dibasic sodium phosphate.
- (b) Each diluent vial contains Benzyl Alcohol in Water for Injection. The amount of benzyl alcohol per mL is 9 mg.

### **6.2 Incompatibilities**

The IV compatibility and stability of methylprednisolone sodium succinate solutions and with other drugs in intravenous admixtures is dependent on admixture pH, concentration, time, temperature, and the ability of methylprednisolone to solubilize itself. Thus to avoid compatibility and stability problems, whenever possible it is recommended that methylprednisolone sodium succinate be administered separately from other drugs and as either IV push, through an IV medication chamber, or as an IV “piggy-back” solution (see section **4.5 Interaction with Other Medicinal Products and Other Forms of Interaction** for additional information).

### **6.3 Shelf Life**

Please refer to EXP date on outer carton.

### **6.4 Special Precautions for Storage**

Store unconstituted product below 25°C. Store solution below 25°C. Use solution within 48 hours after mixing.

## **6.5 Nature and Contents of Container**

Solu-Medrol for Injection 500 mg/8 mL: 8 mL/16 mL/32 mL x 1 vial flint glass vial.

## **6.6 Instructions for Use / Handling Preparation of Solutions**

To prepare solutions for intravenous infusion, first reconstitute methylprednisolone sodium succinate as directed. Therapy may be initiated by administering methylprednisolone sodium succinate intravenously over a period of at least five minutes (e.g., doses up to 250 mg) to at least 30 minutes (e.g., doses of 250 mg or more). Subsequent doses may be withdrawn and administered similarly. If desired, the medication may be administered in dilute solutions by admixing the reconstituted product with Dextrose 5% in Water, Normal Saline, Dextrose 5% in 0.45% or 0.9% Sodium Chloride. Use resulting solution within 12 hours following reconstitution if stored at 20°C to 25°C, or within 48 hours of reconstitution if stored at 2°C to 8°C.

Parenteral drug products should be inspected visually for particulate matter and discoloration prior to administration whenever solution and container permit.

## **7. PRODUCT OWNER**

Pfizer Inc.  
235 East 42<sup>nd</sup> Street  
New York, NY 10017  
USA

SOL-SIN-0123/0

Date of last revision: January 2023

**Package leaflet: Information for the patient**  
**SOLU-MEDROL FOR INJECTION 500 mg/8 ml**  
methylprednisolone

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet**

- 1. What SOLU-MEDROL is and what it is used for**
- 2. What you need to know before you are given SOLU-MEDROL**
- 3. How SOLU-MEDROL is given to you**
- 4. Possible side effects**
- 5. How to store SOLU-MEDROL**
- 6. Contents of the pack and other information**

**1. What SOLU-MEDROL is and what it is used for**

SOLU-MEDROL contains methylprednisolone sodium succinate. Methylprednisolone belongs to a group of medicines called corticosteroids (steroids). Corticosteroids are produced naturally in your body and are important for many body functions.

Boosting your body with extra corticosteroid such as SOLU-MEDROL can help following surgery (e.g., organ transplants), flare-ups of the symptoms of multiple sclerosis or other stressful conditions.

Corticosteroids can also help treat non-hormonal disorders. These include inflammatory or allergic conditions affecting the joints, skin, eye, lungs, blood and gut.

SOLU-MEDROL may be prescribed to treat conditions other than those listed above, such as adrenal insufficiency and other medical emergencies like treatment of shock associated with this.

You must talk to a doctor if you do not feel better or if you feel worse or are unsure why you have been given this medicine.

**2. What you need to know before you are given SOLU-MEDROL**

**Do not use SOLU-MEDROL:**

- If you are allergic to SOLU-MEDROL or any medicine containing corticosteroid or any of the other ingredients of this medicine (listed in section 6). An allergic reaction may cause a skin rash or reddening, swollen face or lips or shortness of breath.
- If you have a widespread **fungal infection**.
- If you have recently had, or are about to have any 'live' vaccination.

**See your doctor immediately if any of the above applies to you.**

### **Warnings and precautions**

Talk to your doctor or pharmacist before using SOLU-MEDROL if you have any of the following conditions.

Your doctor may have to monitor your treatment more closely, alter your dose or give you another medicine.

- **Chickenpox, measles** or a **herpes** eye infection. If you think you have been in contact with someone with chickenpox or measles and you have not already had these illnesses, or if you are unsure if you have had them.
- **Worm infestation** (e.g., threadworm).
- **Tuberculosis** (TB).
- **Kaposi's sarcoma** (a type of cancer).
- Septic shock (a dangerous drop in blood pressure caused by severe infection).
- If you have history of allergy to any drug.
- Unusual **stress**.
- If you develop **adrenal insufficiency**.
- **Hypothyroidism** (an under-active thyroid).
- **Cushing's disease** (condition caused by an excess of cortisol hormone in your body).
- **Diabetes**.
- Severe **depression**. This includes having had depression before while taking steroid medicines like SOLU-MEDROL.
- You have recently suffered a **heart attack**.
- **Heart problems**, including heart failure.
- If you have **thromboembolic disorders** (disorders due to formation of blood clots).
- **Hypertension** (high blood pressure).
- **Glaucoma** (increased pressure in the eye).
- **Cataract** (clouding of the lens).
- **Fits or seizures**.
- **Myasthenia gravis** (a condition causing tired and weak muscles).
- If you develop **acute pancreatitis** (inflammation of the pancreas).
- **Peritonitis** (inflammation of the thin lining (peritoneum) around the gut and stomach).
- **Stomach ulcer, diverticulitis** (inflammation of the bowel wall) or other serious stomach or intestinal problems.
- **Kidney or liver** disease.
- **Muscle problems** (pain or weakness) have happened while taking steroid medicines in the past.
- **Osteoporosis** (brittle bones).
- **Systemic sclerosis** (an autoimmune disorder) because the risk of a serious complication called scleroderma renal crisis may be increased.
- **Fluid retention in the body**.
- You are suffering from a **traumatic brain injury**.

- **Pheochromocytoma** (a rare tumor of adrenal gland tissue. The adrenal glands are located above the kidneys).
- **Tumor lysis syndrome** (a life-threatening emergency that occurs because of the rapid breakdown of multiplying cancer cells causing high levels of calcium, uric acid, potassium and phosphate) in patients with cancer.

Tell your doctor if you suspect an infection has occurred, as corticosteroids can make infections more likely and may mask their signs.

This medicine is not recommended for injection via the spinal cord (intrathecal or epidural). Serious side effects have been reported with this use on occasions.

Long term therapy of corticosteroids in high doses can cause an abnormal amount of fat deposition on or outside the lining of the spine (epidural lipomatosis).

Caution should be exercised with corticosteroids as they can cause an eye condition (central serous chorioretinopathy) where a collection of fluid forms under the light-sensitive layer of tissue at the back of the inner eye (retina) causing visual impairment and may lead to retinal detachment.

If methylprednisolone is given to a prematurely born baby, monitoring of heart function and structure may be needed.

### **Other medicines and SOLU-MEDROL**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This could be harmful or affect the way SOLU-MEDROL or the other medicine works:

- **Isoniazid** - used to treat bacterial infections.
- **Rifampin** - antibiotics used to treat tuberculosis (TB).
- **Anticoagulants** - used to 'thin' the blood.
- **Carbamazepine, phenobarbital and phenytoin** - used to treat epilepsy.
- **Anticholinergics** (such as **Pancuronium** or **Vecuronium**) - or other medicines called neuromuscular blocking agents which are used in some surgical procedures.
- **Anticholinesterases** - used to treat myasthenia gravis (a muscle condition).
- **Antidiabetics** - medicines used to treat high blood sugar.
- **Aprepitant** and **Fosaprepitant** - used to prevent nausea and vomiting resulting from cancer treatment.
- **Itraconazole** or **ketoconazole** - used to treat fungal infections.
- **Antivirals** (such as indinavir, ritonavir) used to treat HIV infections.
- **Diltiazem** - used for heart problems or high blood pressure.
- **Ethinylestradiol and norethisterone** - an oral contraceptive.
- **Cyclosporine** - used to treat conditions such as severe rheumatoid arthritis, severe psoriasis or following an organ or bone marrow transplant.
- **Cyclophosphamide** and **Tacrolimus** - used following an organ transplant to prevent rejection of the organ and for treatment of autoimmune diseases.
- **Antibiotics** (such as erythromycin, clarithromycin or troleandomycin).

- **Aspirin** and non-steroidal anti-inflammatory medicines (also called **NSAIDs**) used to treat mild to moderate pain.
- Potassium depleting agents - such as **diuretics** (sometimes called water tablets), **amphotericin B**, **xanthines** or **beta2 agonists** (e.g., medicines used to treat asthma).
- **Vaccines** - tell your doctor or nurse if you have recently had, or are about to have any vaccination. You **should not** have 'live' vaccines while using this medicine. Other vaccines may be less effective.

### **If you are taking long term medication(s)**

If you are being treated for diabetes, high blood pressure or water retention (edema) tell your doctor as he/she may need to adjust the dose of the medicines used to treat these conditions.

**Before you have any operation**, tell your doctor, dentist or anesthetist that you are taking SOLU-MEDROL.

**If you require a test to be carried out by your doctor or in hospital** it is important that you tell the doctor or nurse that you are taking SOLU-MEDROL. This medicine can affect the results of some tests.

### **SOLU-MEDROL with food, drink and alcohol**

Do not drink grapefruit juice while taking this medicine.

### **Pregnancy, breast-feeding and fertility**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. There is a risk of low birth weight of a baby; this risk can be minimized by taking the lowest effective dose of the corticosteroids.

Cataracts have been observed in infants born to mothers undergoing long-term treatment with corticosteroids during pregnancy.

If you are breast-feeding, ask your doctor or pharmacist for advice, as corticosteroid medicines may get into breast milk.

### **Driving and using machines**

Undesirable effects, such as dizziness, vertigo, visual disturbances and fatigue are possible after treatment with corticosteroids. If you are affected do not drive or operate machinery.

## **3. How SOLU-MEDROL is given to you**

You should inform **anyone** who gives you treatment (such as a doctor, nurse or dentist) while you are taking this medicine.

If you are admitted to hospital for any reason always tell your doctor or nurse that you are taking SOLU-MEDROL.

## **Dosage information**

Your doctor will decide on the site of injection, how much of the medicine and how many injections you will receive depending on the condition being treated and its severity. Your doctor will inject you with the lowest dose for the shortest possible time to get effective relief of your symptoms.

### **Adults**

SOLU-MEDROL will be given as an injection by your doctor or nurse, either into a vein (intravenous) or into a muscle (intramuscular). Usually the first dose is given into a vein, especially in an emergency.

It will be given slowly over at least 5 minutes. For larger doses this may take 30 minutes or more.

The medicine is first dissolved in sterile Water for Injection. If the medicine is to be given by infusion (using a pump or drip) it is then mixed with another suitable fluid. No other medicines should be mixed with it.

### **Use in children and adolescents**

Corticosteroids can affect growth in children so your doctor will prescribe the lowest dose that will be effective for your child.

### **If you are given more SOLU-MEDROL than you should**

If you think you have been given too many injections of SOLU-MEDROL please speak to your doctor immediately.

### **Stopping/reducing the dose of your SOLU-MEDROL**

Your doctor will decide when it is time to stop your treatment.

You will need to come off this treatment slowly if you have been given SOLU-MEDROL for long duration.

You will need to come off this medicine slowly to avoid **withdrawal symptoms**. Some of these symptoms may include peeling skin, fever, muscle and joint pains, and weight loss.

If your symptoms seem to return or get worse as your dose of this medicine is reduced tell your doctor immediately.

### **Mental problems while taking SOLU-MEDROL**

Mental health problems can happen while taking steroids like SOLU-MEDROL (see section 4).

- These illnesses can be serious.
- Usually they start within a few days or weeks of starting the medicine.



- Most of these problems go away if the dose is lowered or the medicine is stopped. However if the problems do happen they might need treatment.

Talk to a doctor if you (or someone using this medicine) shows any signs of mental problems. This is particularly important if you are depressed, or might be thinking about suicide. In a few cases psychological symptoms have happened when doses are being lowered or stopped.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### **4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them. Your doctor will have given you this medicine for a condition which if not treated properly could become serious.

**In certain medical conditions medicines like SOLU-MEDROL (steroids) should not be stopped abruptly. If you suffer from any of the following symptoms seek IMMEDIATE medical attention. Your doctor will then decide whether you should continue taking your medicine:**

- **Allergic reactions**, such as skin rash, swelling of the face or wheezing and difficulty breathing. This type of side effect is rare, but can be serious.
- **Pancreatitis**, stomach pain spreading to your back, possibly accompanied by vomiting, shock and loss of consciousness.
- **Burst or bleeding ulcers**, symptoms of which are stomach pain (especially if it seems to spread to your back), bleeding from the back passage, black or bloodstained stools and/or vomiting blood.
- **Infections**. This medicine can hide or change the signs and symptoms of some infections, or reduce your resistance to the infection, so that they are hard to diagnose at an early stage. Symptoms might include a raised temperature and feeling unwell. Symptoms of a flare up of a previous TB infection could be coughing blood or pain in the chest. SOLU-MEDROL may also make you more likely to develop a severe infection.
- **Pulmonary embolus** (blood clots in the lung), symptoms include sudden sharp chest pain, breathlessness and coughing up blood.
- **Raised pressure within the skull** of children, symptoms of which are headaches with vomiting, lack of energy and drowsiness.

**If you experience any of the following side effects, or notice any other unusual effects not mentioned in this leaflet, tell your doctor straight away.**

#### **Blood, heart and circulation**

- High blood pressure, symptoms of which are headaches, or generally feeling unwell.
- Problems with the pumping of your heart (heart failure) symptoms of which are swollen ankles, difficulty in breathing and palpitations (awareness of heartbeat) or irregular beating of the heart, irregular or very fast or slow pulse.
- Low blood pressure symptoms may include dizziness, fainting, lightheadedness, blurred vision, a rapid, or irregular heartbeat (palpitations), general weakness.

- Increased numbers of white blood cells (leukocytosis).

### **Body water and salts**

- Swelling and high blood pressure, caused by increased levels of water and salt content.
- Cramps and spasms, due to the loss of potassium from your body. In rare cases this can lead to congestive heart failure (when the heart cannot pump properly).

### **Digestive system**

- Ulcers.
- Nausea (feeling sick) or vomiting (being sick).
- Diarrhoea.
- Indigestion.
- Bloating stomach.
- Abdominal pain.
- Hiccups.
- Bleeding.

### **Ears**

- A feeling of dizziness or spinning (vertigo).

### **Eyes**

- Cataracts (indicated by failing eyesight).
- Glaucoma (raised pressure within the eye, causing pain in the eyes and headaches).
- Swollen optic nerve (papilledema, indicated by sight disturbance).
- Protruding of the eyeballs (exophthalmos).
- Blurred vision (chorioretinopathy).

### **General disorders**

- Poor wound healing.
- Feeling tired or unwell.
- Skin reactions at the site of injection.
- Water retention in the extremities.

### **Hormones and metabolic system**

- Slowing of normal growth in infants, children and adolescents which may be permanent.
- Round or moon-shaped face (Cushingoid facies).
- Irregular or no periods in women.
- Increased appetite and weight gain.
- Prolonged therapy can lead to lower levels of some hormones which in turn can cause low blood pressure and dizziness. This effect may persist for months.
- Blood urea increased.
- The amount of certain chemicals (enzymes) called alanine transaminase, aspartate transaminase and alkaline phosphatase that help the body digest drugs and other substances in your body may be raised after treatment with a corticosteroid.
- Abnormal fat deposition in the body.
- Elevation of lipid levels e.g., cholesterol level in the blood.

- Diminished sex drive.
- Difficulty sleeping.

### **Immune system**

- Increased susceptibility to infections.
- Suppression of reactions to skin tests.
- Sensitivity to cold.
- Unexplained allergies.

### **Muscles and bones**

- Brittle bones (bones that break easily).
- Muscle weakness.
- Muscle wasting.
- Broken bones or fractures.
- Breakdown of bone due to poor circulation of blood, this causes pain in the hip.
- Torn muscle tendons causing pain and/or swelling.

### **Nerves and mood issues**

Steroids including methylprednisolone can cause serious mental health problems.

- Feeling depressed, including thinking about suicide.
- Feeling high (mania) or moods that go up and down.
- Feeling anxious, having problems sleeping or being confused and losing your memory.
- Feeling, seeing or hearing things which do not exist. Personality change.
- Irritability.
- Fits.
- Dizziness.
- Headache.

### **Skin**

- Acne.
- Bruising.
- Thinning of skin (skin atrophy).
- Stretch marks (skin striae).
- Small purple/red patches on the skin.
- Pale patches on your skin, or raised patches which are an unusual color.
- Excessive growth of bodily and facial hair.
- Rash, itching, hives.
- Increased sweating.

### **Liver disorder**

- Methylprednisolone can damage your liver; hepatitis and increase of liver enzymes have been reported.

**If you experience any of the side effects listed above tell your doctor straight away.**

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

### **5. How to store SOLU-MEDROL**

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the label and carton after EXP. The expiry date refers to the last day of that month.

This medicine must be stored below 25°C.

Once the medicine has been mixed with Sterile Water for Injections the solution should be used within 12 hours following reconstitution if stored at 20°C to 25°C, or within 48 hours of reconstitution if stored at 2°C to 8°C. Any unused liquid should be disposed of safely.

Your doctor will check that the solution contains no particles and is not discolored before using it.

### **6. Contents of the pack and other information**

#### **What SOLU-MEDROL contains**

This medicine contains methylprednisolone sodium succinate (equivalent to 500 mg methylprednisolone) as the active ingredient.

SOLU-MEDROL also contains the inactive ingredients monobasic sodium phosphate monohydrate and dibasic sodium phosphate.

#### **What SOLU-MEDROL looks like and contents of the pack**

SOLU-MEDROL is a powder which comes in a clear glass vial. Each pack also contains a diluent vial of Benzyl Alcohol in Water for Injection.

SOL-SIN-0123/PIL/0

Date of last revision: January 2023