



BWH/BWFH/DFCI Steroid Premedication Guidelines for Intravenous Iodinated Contrast Administration

There is one indication for a steroid prep prior to intravenous iodinated contrast injection:

- **Prior allergic-like reaction to iodinated contrast**
 - Examples: hives, itching, acute rash, wheezing, bronchospasm, stridor

The following are not considered an indication for a steroid prep:

- Asthma
- Reactions to other substances (regardless of number or severity, including shellfish and betadine)
- Physiologic reaction to contrast material such as a vasovagal reaction, nausea, vomiting

How to premedicate:

Standard oral premedication regimen (for outpatients)

- Prednisone – 50 mg PO, 13, 7, and 1 hour prior to the procedure
- Cetirizine – 10 mg PO 1 hour prior to the procedure

Urgent IV premedication protocol (for ED patients or inpatients)

- 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 the patient has a history of prior severe allergic like reaction (i.e. anaphylaxis), allergy consultation is recommended prior to administering iodinated contrast.