

# Cotson®

Hydrocortisone

## Description

Hydrocortisone (Cotson®) is a naturally occurring corticosteroid used principally for its anti-inflammatory and immunosuppressive actions or as hormone replacement therapy.

## Mode of action

Hydrocortisone (Cotson®) inhibits prostaglandin synthesis by inhibiting the enzyme phospholipase A<sub>2</sub>. Hydrocortisone reduces various vasoactive agents released during inflammation. It also controls the rate of protein synthesis.

## Composition

**Cotson® 100 mg Injection:** Each vial contains Hydrocortisone Sodium Succinate USP 134 mg equivalent to Hydrocortisone 100 mg.

**Cotson® 10 mg Tablet:** Each tablet contains Hydrocortisone USP 10 mg.

## Indications

Adrenocortical insufficiency, bronchopulmonary dysplasia, shock, hypersensitivity reactions such as angioedema, status asthmaticus, inflammatory bowel disease and rheumatic disease.

## Dosage & administration

**Cotson® Injection:** By IM injection or slow IV injection or infusion, 100-500 mg, 3-4 times in 24 hours or as required; *Child* by slow IV injection up to 1 year 25 mg, 1-5 years 50 mg, 6-12 years 100 mg.

**Cotson® Tablet:** The initial dosage of Hydrocortisone Tablets may vary from 20 mg to 240 mg of hydrocortisone per day depending on the specific disease entity being treated. In situations of less severity lower doses will generally suffice while in selected patients higher initial doses may be required. The initial dosage should be maintained or adjusted until a satisfactory response is noted. If after a reasonable period of time there is a lack of satisfactory clinical response, Hydrocortisone Tablets should be discontinued and the patient transferred to other appropriate therapy. IT SHOULD BE EMPHASIZED THAT DOSAGE REQUIREMENTS ARE VARIABLE AND MUST BE INDIVIDUALIZED ON THE BASIS OF THE DISEASE UNDER TREATMENT AND THE RESPONSE OF THE PATIENT.

After a favorable response is noted, 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. It should be kept in mind that constant monitoring is needed in regard to drug dosage. Included in the situations which may make dosage adjustments necessary are changes in clinical status secondary to remissions or

exacerbations in the disease process, the patient's individual drug responsiveness, and the effect of patient exposure to stressful situations not directly related to the disease entity under treatment; in this latter situation it may be necessary to increase the dosage of Hydrocortisone Tablets for a period of time consistent with the patient's condition. If after long-term therapy the drug is to be stopped, it is recommended that it be withdrawn gradually, rather than abruptly.

**Multiple Sclerosis:** In treatment of acute exacerbations of multiple sclerosis, daily doses of 200 mg of prednisolone for a week followed by 80 mg every other day for 1 month have been shown to be effective (20 mg of hydrocortisone is equivalent to 5 mg of prednisolone).

## Contraindications

Severe systemic or fungal infections. Known hypersensitivity to the components.

## Side effects

Hydrocortisone is generally well tolerated except in prolonged high doses. It may predispose to esophageal candidiasis and cause menstrual irregularity, weight gain, euphoria, mood swings, depression, insomnia and acne.

## Use in pregnancy & lactation

This should be prescribed in pregnancy and lactation only if absolutely required.

## Precautions

Hydrocortisone should be used with caution in patients with a history of peptic ulceration as it increases the incidence of peptic ulceration. This drug should be used with caution in patients with cardiac failure, hypertension, glaucoma, diabetes mellitus and epilepsy.

## Storage

Keep out of reach of children. Store in a dry place, below 25°C temperature and protected from light.

## Packaging

**Cotson® 100 mg Injection:** Each carton contains 10 blisters. Each blister contains 1 vial Hydrocortisone with a 2 ml water for injection BP.

**Cotson® 10 Tablet:** Each carton contains 10X10 tablets in blister pack.



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