

Consensus Guidelines for Management of Croup:
Northern California Pediatric Hospital Medicine Consortium

APPENDIX 2: Medications for Croup

Medication	Usual Dose	Dosing Range	Onset	Duration	Notes
<i>Corticosteroids</i>					
Dexamethasone	Preferred: 0.6 mg/kg (max 16 mg/dose) PO x1 Alternative: 0.6 mg/kg (max 16 mg) IM/IV x1	0.15-0.6 mg/kg (max 16 mg)	30 min	24-72 hours	<ul style="list-style-type: none"> ▪ Repeat doses are NOT recommended
Budesonide	2 mg nebulized x1	0.5-4 mg (max 4 mg)	1-2 hours	-	<ul style="list-style-type: none"> ▪ Consider as second-line to dexamethasone ▪ Repeat doses are NOT recommended ▪ Non-formulary at some institutions
<i>Nebulized Epinephrine</i>					
Racemic Epinephrine 2.25%	0.5 mL, diluted in 2 mL NS, nebulized q20 min PRN stridor <5 kg: consider 0.25 mL/dose	0.05-0.1 mL/kg (max 0.5 mL)	10-30 min	2-3 hours	<ul style="list-style-type: none"> ▪ Usually use fixed dose ▪ Only for moderate severity and above ▪ Inpatient frequency: q2 hours PRN stridor
L-epinephrine 1:1000	0.5 mL/kg (max 5 mL/dose), diluted in 2 mL NS, nebulized q20 min PRN stridor	0.5 mL/kg (max 5 mL/kg)	10-30 min	2-3 hours	<ul style="list-style-type: none"> ▪ Consider as alternative to racemic epinephrine if available in EMS vehicles ▪ Only for moderate severity and above ▪ Not available at many institutions