Guidelines for the Use of Propranolol (Inderal®)

Recommended Neonatal Dose, Route, and Interval

• **Starting IV dose:** 0.01 mg/kg/dose IV over 10 minutes. May repeat every 6-8 hours. Increase as needed to a maximum of 0.15mg/kg/dose

• **Starting Oral dose:** 0.25 mg/kg/dose Q6 hours. Increase as needed to a maximum of 3.5 mg/kg/dose Q 6 hours.

Chief Indications

• Treatment of cardiac arrhythmias and hypertension
• Palliation of tetralogy of Fallot and hypertrophic obstructive cardiomyopathy
• Adjunctive treatment of neonatal thyrotoxicosis

Possible Adverse Reactions:

1. Hypoglycemia
2. Hypotension, bradycardia
3. Vomiting
4. Lethargy
5. Bronchospasm
6. Withdrawal syndrome (tachycardia, sweating, hypertension) has been associated with sudden cessation of the medication

Contraindications & Precautions

• Hypersensitivity to propranolol.
• Uncompensated CHF, cardiogenic shock, bradycardia or heart block.
• Use with caution in patients with bronchospasm or renal or hepatic dysfunction.

Nursing Implications

• Monitor blood pressure, heart rate, and serum glucose levels
• Give oral dose with the nearest feed
• Protect from light
• Solution compatibility: D5W and NS

References:

1. Neofax 2009

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