

## Hydrocortisone

**Class:** Topical Corticosteroid

**Indications:** Relief of inflammation of corticosteroid-responsive dermatoses (low and medium potency topical corticosteroid); adjunctive treatment of ulcerative colitis; mild-to-moderate atopic dermatitis; inflamed hemorrhoids, postirradiation (factual) proctitis, and other inflammatory conditions of anorectum and pruritus ani

**Available dosage form in the hospital:** 0.1%, 1% Cream, 0.1% Lipocream, 1% Ointment, 0.1% Scalp Lotion

**Trade Names:**

**Dosage:**

**Dermatosis:** Topical: Apply thin film to affected area 2-4 times/day.

Hydrocortisone probutate (Pandel®): Topical: Apply thin film to affected area 1-2 times/day

Hydrocortisone valerate (Westcort®): Topical: Apply thin film to affected area 2-3 times/day

**External anal and genital itching:** Topical (OTC labeling): Apply to clean dry skin up to 3-4 times/day

**Hemorrhoids:** Rectal: One suppository (30 mg) twice daily for 2 weeks. For severe cases of proctitis, 1 suppository 3 times/day or 2 suppositories twice daily may be needed. For factual proctitis, duration of treatment may be up to 6-8 weeks.

**Ulcerative colitis:** Rectal: Foam: One applicatorful (80 mg) 1-2 times/day for 2-3 weeks, and then every other day thereafter; use lowest dose to maintain clinical response; taper dose to discontinue long-term therapy; Suspension: One enema (100 mg) every night for 21 days or until remission (clinical improvement may precede improvement of mucosal integrity); 2-3 months of therapy may be required; taper dose to discontinue long-term therapy

**Common side effect:** Acneiform eruptions, burning, dryness, folliculitis, hypertrichosis, hypopigmentation, irritation, itching, maceration of skin, miliaria, perioral dermatitis, secondary infection, skin atrophy, striae

**Pregnancy Risk Factor:** C