



**DOSAGE OF MONTHLY OR BI-MONTHLY INJECTION OF
CORTICOSTEROID, KETOROLAC, AND B-12**

Since we recommended injections for AA, we have been bombarded with requests for specific dosage recommendations. Here they are.

1. Methylprednisolone 20mg or dexamethasone 3mg
2. Option: Add to the injection ketorolac 15 to 30mg and/or B₁₂ ½ to 1cc
3. Option: If you have a severe flare, you may add hydromorphone, morphine, or other analgesic to the injection mixture

The above are usual, adult starting doses that may need to be altered due to special clinical situations.

SPECIAL NOTE: In MRI-confirmed cases of AA, we highly recommend the above injections because oral medications may not pass the gastrointestinal track or cross the blood brain barrier adequately enough to provide a high enough concentration of medication in the spinal fluid which is essential to treat spinal canal inflammatory disorders such as cauda equina inflammation, arachnoiditis, Tarlov cysts, protruding discs, epidural fibrosis, and adhesive arachnoiditis (AA).



Take this
bulletin to your
MD or NP.

Some patients
do their own
injections.



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