

Vitamin C, Hydrocortisone and Thiamine For the treatment of Severe Sepsis and Septic Shock

Vitamin C, Hydrocortisone and Thiamine dosing protocol

Vitamin C: 1.5 g IV q 6 hourly for 4 days or until discharge from the ICU.

Hydrocortisone: 50mg IV q 6 hourly for 4 days or until discharge from the ICU. Taper is not required.

Thiamine: 200mg IV q 12 hourly for 4 days or until discharge from the ICU.
Alternative dosing: 100mg IV q 6 hourly for 4 days.

Vitamin C: Vitamin C is provided by the manufacturer as a 50 ml vial at a concentration of 500mg/ml. Three (3) ml of vitamin C will be placed in a 100ml bag of either dextrose 5% in water (D5W) or normal saline and infused over 30-60 minutes. The Vitamin C min-bag solution is stable for in excess of 24 hours (should be protected from light).

Hydrocortisone:

Hydrocortisone 50 mg bolus q 6 hourly

Thiamine:

Intravenous thiamine (200 mg) is placed in a piggyback in 50 ml of either D5W or normal saline and administered as a 30-minute infusion.

NOTE: The Vitamin C and Thiamine can both be mixed in the same mini-bag.