



STANDARD OPERATING PROCEDURE

METHYLENE BLUE IV

OBJECTIVE:

To establish a standardized procedure for the safe and effective administration of methylene blue intravenously (IV).

SCOPE:

This SOP applies to all healthcare professionals involved in the administration of Methylene Blue IV.

DOSAGE OVERVIEW

- Supplied as 10 mg/ml vials.
- Test dose at 10 mg or lower in 250 ml D5W.
- Typical dosage is 0.5-1 mg/kg.
- Max Dosage 2 mg/kg
- Administer alone in D5W.
- Normal Saline reduces solubility.
- Sterile water osmolality too low
- 10mg – 30mg use 100 mL of D5W and drip for 30 mins.
- 30mg – 100mg use 250mL of D5W and drip for 60 m ins.

MATERIALS REQUIRED

- Methylene blue vial
- 100 or 250 mL D5W
- IV tubing
- IV insertion site dressing
- IV Start Supplies
- 22-gauge catheter

- Sterile gloves
- Alcohol swabs
- Tourniquet
- 10 mL syringe
- 18-gauge needle for drawing up methylene blue

PREPARATION

- Verify the patient's identity and medication order.
- Gather the necessary materials.
- Wash your hands thoroughly.
- Attach the 18-gauge needle to the 10 mL syringe and draw up the amount of methylene blue ordered.
- Push the ordered amount of methylene blue into the 100- or 250-mL bag of D5W.
- Spike IV tubing into bag of D5W and prime the line clear of bubbles.
- Prepare the patient.
- Explain the procedure to the patient and obtain consent.
- Position the patient comfortably.

PROCEDURE

1. Apply a tourniquet to the patient's arm approximately 3-4 inches above the intended IV insertion site.
2. Use an alcohol swab to clean the skin at the insertion site and allow the skin to dry completely.
3. Insert the 22-gauge catheter into the vein according to the facility's standard protocol.



4. Secure the IV catheter with tape or a dressing.
 5. Start the IV infusion and set to 3 drops per second.
 6. Monitor the patient closely for any adverse reactions, such as nausea, vomiting, or changes in blood pressure.
 7. Discontinue the IV infusion.
 8. Remove the IV catheter and apply a dressing to the insertion site.
 9. Document the medication administered, the dose, the rate of administration, the IV insertion site, and any adverse reactions in the patient's medical record.
- Administer 72 hours away from MAOI, SSRI, SNRI
 - G6PD Deficiency
 - Pregnancy
 - Severe hypertension
 - Infants

DRUG INTERACTIONS

Methylene blue can interact with certain medications, such as SSRIs, codeine, phenylephrine, dextromethorphan, guaifenesin and chlordiazepoxide.

FOLLOW-UP

1. Recommended once every 4-6 weeks for first TWO treatments. Third is based on results and desired outcome.

CAUTIONS/CONTRAINDICATIONS

- Methylene Blue is MAOI
- Cautions for Serotonin Syndrome