

Table 1. Indications and Dosing of Neuromuscular Blockers (NMB's)

Indication	Recommended NMB	Dose
Single dose for procedure, mechanical ventilation or hypothermia	Rocuronium	0.6-1.2 mg/kg (round to nearest 10 mg)
Continuous infusion for hypothermia or mechanical ventilation	Rocuronium	0.5-0.7 mg/kg/hr
Continuous infusion for severe ARDS	Cisatracurium	15 mg bolus followed by 37.5 mg/hr x 48 hours then stop or convert to rocuronium as required

Table 2. Comparison of Two Nondepolarizing NMBAs^a

Parameter	Cisatracurium	Rocuronium
Structural Classification	benzylisoquinolinium agent	aminosteroidal agent
Bolus dosing ^b	0.1-0.2 mg/kg	0.6-1.2 mg/kg
Continuous infusion dosing	0.18 mg/kg/hr (initial rate); 0.06-0.12 mg/kg/hr (maintenance rate)	0.48-0.72 mg/kg/hr
Time to maximal blockade (min)	2-3	1-2
Duration ^c (min)	45-60	30
Elimination	Hofmann elimination	33% renal, <75% hepatic
Active metabolites	None	None
Histamine release	No	No
Vagal blockade	No	At higher doses
Prolonged blockade	Rare	No

^aTable adapted from: Warr J, Thiboutot Z, Rose L, *et al.* Current therapeutic uses, pharmacology, and clinical considerations of neuromuscular blocking agents for critically ill adults. *Ann Pharmacother.* 2011 Sept;45(9):1116-26.

^bIdeal body weight

^cTime to recovery of 25% control