

## Prednisone (Steroid, Cortisone)

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For questions or an appointment, call (806)797-1202

**Prednisone** (cortisone, steroid) – Prednisone is an **anti-inflammatory agent** given to help conditions of the skin that cause inflammation, itching or blistering. It is a safe medication when used for a short period of time (such as a few weeks) but can cause significant problems if used on a long term basis (such as for several months).

**How to take:** Take all the pills for that day each morning with food to help minimize stomach upset  
You have been prescribed **prednisone 10mg** tablets. Take each morning:

\_\_\_\_\_ pills a day for \_\_\_\_\_ days  
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\_\_\_\_\_ pill a day for \_\_\_\_\_ days

### Expected symptoms:

Some of the short-term side effects that may be experienced are **insomnia, mood swings, stomach upset, increased appetite, and weight gain**. These are usually minor side effects and will resolve when you finish the course of prednisone.

### Adverse reactions:

If you develop any unusual symptoms or any of the following conditions – notify the doctor:

- \***Headaches** that are persistent.
- \***Infection**: This medication will decrease your ability to fight infection, therefore, if you develop **fever, chills, sore throat or other signs of an infection** while on steroids, you will need to call the doctor.
- \***Vision change**
- \*Eye pain or redness
- \***Depression** or severe **mood changes**; confusion; seizures
- \*Uncontrollable shaking of the hands
- \*Irregular heart beat
- \*Rash, swelling or hives

### Special issues:

- \*Steroids should be used with **caution in diabetics** since it can cause significant elevation of your blood sugars.
- \*If you are on steroids for more than 2 weeks – **you must not abruptly stop this medication** – but rather you must slowly wean off of prednisone. If you suddenly stop taking prednisone, your body may not have enough natural steroids to function normally. This may cause symptoms such as extreme tiredness, weakness, slowed movements, upset stomach, weight loss, changes in skin color, sores in the mouth, craving for salt, and may even cause death.
- \*Notify your doctor if you are pregnant or become pregnant
- \*Long term use of Prednisone can cause osteoporosis (bone loss), cataracts, diabetes, cardiovascular disease, thinning of the skin.
- \***Vitamin D (400-800 IU per day) and Calcium (1200mg/day)** supplementation is recommended while on prednisone

**NOTE: This is not a comprehensive information sheet. If you desire complete drug information, contact the pharmacist or refer to the “package insert”.**