

Prednisone

Names	Deltasone®, Prednisone (pred'-ni-son) Intensol®, Orasone®. There may be other names for this medication.
How is it Administered?	Prednisone comes as a tablet, a liquid, and a concentrated liquid to take by mouth.
Why am I Taking Prednisone?	<p>Prednisone may be prescribed for a wide variety of reasons including:</p> <ul style="list-style-type: none">• reduce swelling (inflammation)• prevent or treat an allergic reaction• treat nausea and vomiting• stimulate the appetite• treat leukemia, lymphoma, or multiple myeloma• replace depleted corticosteroids
How Does it Work?	<p>Prednisone is a corticosteroid, a man made version of a natural steroid hormone that is made by your adrenal glands. As such, it works in the same way as the natural corticosteroid. It acts as an anti-inflammatory to reduce swelling, affects how your body breaks down and uses the foods you eat, and keeps your fluids and electrolytes in balance. It also increases the appetite and helps with nausea.</p>
What Should I Tell My Doctor Before I Begin Prednisone?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none">• are allergic to prednisone or related drugs such as hydrocortisone, betamethasone, dexamethasone, or triamcinolone• have diabetes, high blood pressure, heart disease, mental illness, MG, osteoporosis, seizures, tuberculosis, ulcers, liver, kidney, intestinal, heart, or thyroid disease• have an eye infection or have ever had eye infections that come and go• are taking any medications or herbal supplements, such as St John's wort• are pregnant or breastfeeding

This drug may interact with other medications or cause harmful side effects. Tell your doctor and pharmacist about all prescription or over-the-counter medications, vitamins, herbal, or diet supplements that you are taking.

What Are Some Possible Side Effects?

Side effects vary greatly from person to person. Sometimes, the way prednisone works causes both an intended and an unintended effect. For example, the same mechanism that reduces inflammation also means that you may be more likely to get an infection or that it will take you longer to heal. Some side effects only occur when the dose is high or you take the medication for an extended period of time. Talk to your doctor or pharmacist about what you can expect.

- Increased appetite
- Mood changes, irritability
- Problems falling or staying asleep
- Fluid collection in your ankles and feet (swelling)
- Slowed healing of cuts and bruises
- Muscle weakness
- Heartburn
- Higher sugar levels in your blood (If you already have diabetes, your doctor may increase your insulin or other diabetes medication.)
- Skin problems: acne, fragile skin, red or purple blotches under the skin, increased hair growth, increased sweating
- Changes in the way fat is deposited around the body
- Decreased sexual desire; irregular or absent menstrual periods
- Headache, dizziness

How Can I Manage These Side Effects?

- Since you may get infections more easily while taking prednisone, stay away from crowds or people with colds, flu, or other infections. Wash your hands often.
- If you are exposed to viral infections such as measles or chickenpox, check with your doctor as soon as possible.
- Be careful when handling sharp objects. Stay away from rough sports or other situations where you could be injured.
- Check with your doctor before you receive any immunizations or

vaccinations. If you are having any skin tests, such as allergy or TB tests, tell the doctor or nurse you are taking prednisone.

- Ask your doctor about medication to help prevent or lessen heartburn, sleep problems, skin problems, or headaches
- Do not put anything on a cut or rash unless approved by your doctor.
- Talk to your doctor/nurse if you feel you need help with mood swings.

When Should I Call the Doctor?

Call your doctor immediately if you have:

- any sign of infection: fever of 100.5°F (38°C) or higher, chills, cough, sore throat, pain or burning upon urination; redness or tenderness along a vein, at an IV site, or at any other wound or skin irritation (Note: prednisone can mask the most common signs of infection, such as a fever.)
- any sign of an allergic reaction: itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, shortness of breath, or heart palpitations (irregular heartbeats)
- seizures, sudden confusion, or loss of contact with reality
- severe stomach pain; blood in vomit (looks like coffee grounds) or in stools (black, tarry stools)
- vision problems, eye pain, redness or tearing of your eyes
- shortness of breath, especially at night; difficulty breathing or swallowing

Call your doctor as soon as possible if you have:

- nausea, vomiting, headache, or pain/cramps in your arms or legs that is not relieved by prescribed medication
- yellowing of skin or eyes
- excessive thirst
- stomach or abdominal pain, heartburn or indigestion
- skin changes such as a new rash
- swelling of feet or ankles
- weight gain/loss of 5 l pounds in 1 week
- depression
- numbness, burning, tingling in face, arms, legs, feet, or hands
- uncontrollable shaking of the hands

What Else Do I Need to Know About Prednisone?

- Do not stop taking this medicine or take a dose that is different than prescribed unless you talk to your doctor first. You may need to slowly decrease your dose.
- If you are pregnant or breastfeeding, talk to your doctor before taking this medicine.
- Take this medication with food to decrease stomach upset and nausea.
- Talk to your doctor about whether you can eat grapefruit and drink grapefruit juice while taking this medication.
- Ask your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products.
- Unless approved by your doctor, do not drink alcohol (beer, wine, or liquor).
- Prednisone may increase the risk of developing osteoporosis (brittle bones). Please discuss this with your doctor – she or he may prescribe a calcium or potassium supplement.
- If you have diabetes, this drug may increase your blood sugar levels. Check your blood (or urine) glucose level frequently, as directed by your doctor. Promptly report any abnormal results as directed. Your medicine, exercise plan, or diet may need to be adjusted.
- Keep all your appointments with your doctor and laboratory so that your medical team can monitor your body's response to prednisone.
- Let your doctor know if you have any events causing unusual stress or anxiety in your life. Your dose may need to be changed.
- If you miss a dose, talk with your doctor or pharmacist about the best time to take the missed dose.
- Store at room temperature, away from heat, moisture, and direct light. Do not freeze the oral liquid. Keep all medicine out of the reach of children.
- If you would like more information about prednisone, talk to your doctor.