

Prednisolone

Names	The generic drug name is prednisolone (pred nis' oh lone). Brand names include Delta-Cortef [®] , Orapred [®] , Pediapred [®] , and Prelone [®] . There may be other names for this medication.
How is it Administered?	This medicine comes as a tablet, an orally disintegrating tablet (tablet that dissolves quickly in the mouth), a solution (liquid), and as a suspension (liquid) to take by mouth with food. Your doctor will probably tell you to take your dose(s) of prednisolone at certain times of day every day. Your personal dosing schedule will depend on your condition and on how you respond to treatment.
Why Am I Taking This Medication?	<p>Prednisolone is used alone or with other medications to treat the symptoms of low corticosteroid levels. These substances are normally produced by the body and are needed for normal body functions. Prednisolone is also used:</p> <ul style="list-style-type: none">• to treat symptoms from certain types of cancer• to treat certain conditions that affect the blood, skin, eyes, central nervous system, kidneys, lungs, stomach, and intestines• to treat allergic reactions, certain types of arthritis, and multiple sclerosis• to help prevent transplant rejection in certain adults who have received a transplant
How Does it Work?	Prednisolone is in a class of medications called corticosteroids. It works by reducing swelling and redness and by changing the way the immune system works.
What Should I Tell My Doctor Before I Begin?	<p>Tell your doctor if you:</p> <ul style="list-style-type: none">• have had an allergic reaction to prednisolone or if you have other allergies• have an eye infection or have ever had eye infections that come and go.• have or have ever had cataracts; glaucoma; threadworms; Cushing's syndrome; diabetes; high blood pressure; heart failure; malaria; emotional problems, depression, or other types of mental illness; osteoporosis (weak/brittle bones); tuberculosis (TB); ulcers; or liver, kidney, intestinal, heart, or thyroid disease.• have a fungal infection anywhere other than your skin• are taking amphotericin/ Abelcet[®]; anticoagulants ('blood thinners') - such as warfarin/Coumadin[®]; aspirin and other nonsteroidal anti-inflammatory

medications (NSAIDs) -ibuprofen (Advil®, Motrin®), naproxen/Aleve®, and celecoxib Celebrex®; carbamazepine/ Carbatrol®, Tegretol®; cholestyramine/Prevalite®; cyclosporine/Neoral®, Sandimmune®; digoxin/Lanoxin®; diuretics ('water pills'); erythromycin; estrogens including hormonal control; isoniazid/Laniazid®; ketoconazole/Nizoral®; medications for diabetes including insulin; phenobarbital; phenytoin/Dilantin®, Phenytek®, and rifampin/Rifadin®, Rimactane,

- are pregnant or breastfeeding

This drug may interact with others or cause harmful side effects. To help prevent problems, tell your doctor and pharmacist about your health problems and about all the prescription and over-the-counter medications, vitamins, and herbal/diet supplements you are taking.

What Are Some Possible Side Effects?

- Increased appetite and/or weight gain
- Heartburn, or nausea (Take with food to lessen risk of nausea)
- Sleep problems; mood changes (restlessness, anxiety, depression, irritability); increased or decreased energy; shakiness or tremors
- Swelling in your ankles and feet (fluid retention)
- Muscle weakness
- Slow wound healing, easy bruising
- Increased blood sugar levels (If you have diabetes, you may need to monitor blood sugar more closely and/or adjust your medication)
- Headaches
- Dizziness
- Skin changes: acne, increased hair growth
- Irregular or absent menstrual periods
- Cataracts and bone thinning (with long-term use)

How Can I Manage These Side Effects?

- **Drink 2-3 quarts of water every day unless your doctor tells you to limit your fluids.**
- Take your medication with food or milk to decrease stomach irritation.
- To help prevent nausea, avoid fried, spicy, and fatty foods on the days you receive chemo and for 2-3 days afterwards. Eating small, frequent meals may help. If you have nausea, try foods and drinks that are 'easy on the stomach' - bland foods, ginger ale, dry crackers, and toast.
- Do not use any products on your acne, rash, or skin problems unless approved by your doctor. Keep the area around a rash clean and dry.

How Can I Manage
These Side
Effects?
(continued)

- Be careful handling sharp objects, stay away from situations where you could be injured, and use an electric razor.
- If you have diabetes, test your blood or urine more frequently than usual. Call your doctor if your blood sugar is high or if sugar is present in your urine.
- Your doctor may instruct you to follow a low salt (sodium), potassium-rich, or high-protein diet and/or weigh yourself every day.
- Mouth care is very important while taking this drug. Rinse your mouth with a mixture of ½ tsp of baking soda in 8 oz of water after every meal and at bedtime. Brush your teeth and gums often with soft toothbrush. Avoid smoking, alcohol and mouthwashes that contain alcohol.

When Should I
Call the Doctor?

Call 911 or go to the nearest hospital emergency department (ER) if you have life-threatening symptoms such as:

- signs of severe allergic reaction: Swelling or tingling in your face, tongue, mouth, or throat; chest tightness; wheezing; trouble breathing or swallowing; dizziness, shortness of breath; heart palpitations; or hives.
- irregular or fast heartbeat, shortness of breath, chest or jaw pain
- sudden confusion

Please let us know if you go to the ER or are admitted to the hospital.

Call your doctor immediately if you have signs of infection: **Fever of 100.4°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

Call your doctor as soon as possible (within 24 hours) if you have:

- unusual bruising or bleeding: bleeding lasts more than 10-15 minutes or that causes dizziness; black or bloody stools or vomit; blood in urine or mucus
- extreme fatigue (that stops you from taking care of yourself)
- nausea that interferes with your ability to eat or drink and is not relieved with prescribed medication
- more than 4 episode of vomiting in 24 hours
- dizziness, lightheadedness, or persistent headache
- severe hot flashes or mood swings
- severe bone pain
- difficult or painful urination, severe thirst
- Vision changes
- New rashes
- Swelling in foot or ankle
- Swelling, redness, and/or pain in one arm or leg (but not the other)

What Else Do I Need to Know?

- You may get infections more easily. Stay away from crowds or people with colds, flu, or other infections. Wash your hands often. Talk to your doctor before getting flu shots or other vaccines. Report any injuries or signs of infection (see When to Call Your Doctor) that occur during treatment.
- Avoid alcohol and caffeine (cola, coffee, tea, chocolate).
- Stay away from rough sports or other situations where you could be bruised.
- Both men and women should use effective birth control while on this medication. Barrier methods such as condoms and diaphragms are recommended. This drug may be harmful to a fetus.
- You may be asked to weigh yourself daily – report any weight gain.
- If you are having surgery, including dental surgery, tell the doctor or dentist that you are taking prednisolone.

How to Take Oral Prednisolone

- Your personal dosing schedule will depend on your condition and on how you respond to treatment. Follow the directions on your prescription label carefully. Take prednisolone exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.
- Take this medication with food to help avoid an upset stomach. Take it early in the day (by noon) to help avoid problems with sleep (insomnia).
- To take the orally disintegrating tablet, use dry hands to peel back the foil packaging. Immediately take out the tablet and place it on your tongue. The tablet will quickly dissolve and can be swallowed with or without water. **Do not chew, split, or break the tablet.**
- Your doctor may change your dose of prednisolone during your treatment to be sure that you are always taking the lowest, but most effective, dose that works for you.
- Your doctor may need to change your dose if you have unusual stress on your body such as surgery, illness or, infection. Tell your doctor if your symptoms improve or get worse or if you get sick or have any changes in your health during your treatment.
- When you start to take prednisolone, ask your doctor what to do if you forget a dose. Do not take a double dose to make up for a missed one.
- Keep this medication in the container it came in, tightly closed, and store it at room temperature and away from excess heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed.
- If you have any additional questions, talk to your doctor or pharmacist.