

PREDNISON (Apo-prednisone®)

What does it do?

Prednisone is a steroid medicine used to treat or prevent inflammatory and immune conditions, including asthma and rheumatic disease.

How should you take it?

Prednisone tablets should be taken with food and a glass of water, usually in the morning.

What if you miss a dose?

Take *prednisone* regularly every day as directed. Take the missed dose as soon as possible and continue as directed. Do not take two doses at once. It can be dangerous to your health to suddenly stop *prednisone* so the dose must be reduced gradually.

Can you take other medicines?

Some medicines, available without prescription, may alter the effectiveness/interact with *prednisone* including:

diclofenac (Cataflam®)	mefenamic acid (Ponstan®)
ibuprofen (Nurofen®)	naproxen (Naprogesic®)

Tell your pharmacist or doctor about any other medicines that you may be taking including vitamins and herbal medicines, particularly those that are claimed to effect immune function (eg: Echinacea).

Side effects?

Side effects with *prednisone*, which may respond to dose reduction, include:

Effect

mood changes, nervousness

joint pain

decreased or blurred vision

frequent urination, increased thirst

easy bruising, nose bleeds

bloody/black bowel motions

increase in appetite, indigestion, stomach pain

difficulty sleeping, dizziness, sweating

facial hair, acne, thinning of the skin

“round face”

Recommendation

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} tell your doctor

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} tell your doctor if troublesome
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Tell your doctor or pharmacist if you notice any other unusual effects that you think might be related to your medication.

Other information:

- Tell your doctor if you have thyroid, heart, or liver problems; have diabetes, glaucoma or osteoporosis; or are pregnant or breast-feeding.
- If you are to receive any medical/dental treatment, tell them you are taking *prednisone*.
- Long term use of steroids may be associated with a range of side effects, eg thinning of the bones, decreased resistance to infection, increased blood pressure and diabetes.
- Discuss your *prednisone* therapy with your doctor if any vaccines are recommended. *Prednisone* may reduce the response to some vaccines, while live vaccines like rubella, should be avoided.

NOTE: *Prednisone* is not a sports enhancing steroid.

<http://intrawebdev/cph/Pharmacy%20PILs/index.htm>

This information leaflet is produced by the Pharmacy and Clinical Pharmacology Departments, and authorised by the Pharmacy PILs Committee (of these departments) at Christchurch Hospital, Canterbury District Health Board. August 2003

**This leaflet contains important information, but not *all* information about this medication.
Discuss any questions with your doctor, pharmacist or nurse.**