



## Prednisone

Prednisone is a unique medicine for reducing swelling and injury to tissues in the body. *It is a naturally-occurring substance that our body is constantly producing.*

It is called a corticosteroid. The word steroid often raises concern. Sometimes this is because it is assumed that this is one of those drugs that athletes are abusing, but those are anabolic steroids which are used to build muscles.

**Uses:** Reduces soreness after surgery

Helps to stop sinus infections

Helps to reduce the size of nasal polyps

Helps to eliminate fluid that has collected in the middle ear

Helps to treat patients with badly infected tonsils

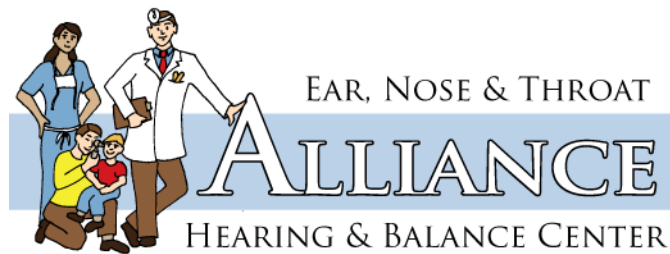
Helps to restore acute hearing loss and facial nerve weakness

**Common side effects:** These effects will be worse the first few days and then wear off.

1. **Difficulty sleeping:** prednisone may make you feel unusually energized which is okay until you try to fall asleep.
2. **Moody:** particularly in women it may make you feel “moody” or irritable.
3. **Weight gain:** it often increases appetite.

**Caution:** Long use of high doses of corticosteroids will not cause abnormal muscle growth, but can cause some side effects including abnormal fat deposits, decreased resistance to infection, and hip injuries. Also the body will stop producing its own supply of corticosteroids so it is necessary to slowly decrease the amount of Prednisone. In this way the body will sense the drop in Prednisone and begin to produce its own steroids.

If you have diabetes mellitus, please make sure that you have reminded your doctor and discussed the risk that Prednisone will raise your blood sugar.



### **How to take Prednisone**

*Follow the program recommended by your doctor.* You will receive small white 10 mg or 20 mg tablets. There are several different patterns of taking this medication. *It is safest if they are taken with food in the morning.* It is also recommended to take an antacid to avoid stomach irritation. The best antacid that does not require a prescription is Prilosec OTC (omeprazole 20 mg). Take half an hour before eating or drinking anything in the morning.

If you forget a dose, it can be taken later in the day or restart the same dose the next morning.

Most medication programs last only a week or two. They start at a high dose once a day and slowly decrease the number of pills.

For example, the first two or three doses are usually 5 or 6 tablets (10 mg) or 3 tablets (20 mg) at once. Then usually every two or three days you will take one less tablet in the morning. This is the way that you will give your body time to restart making its own corticosteroids. Please call if you have any questions or problems with this medication.