Possible Side Effects (continued):
Increase in Blood Pressure
What to do:
• If you have high blood pressure, you may need to monitor it more often.
• Your doctor may need to adjust your blood pressure medicines.

Other side effects:
• Headache, dizziness
• Swelling in your ankles or feet (fluid retention)
• Weight gain
• Increased appetite
• Changes in your menstrual period
• Acne or thin skin
• Increased hair growth
• Slow wound healing

What to do:
• Call your doctor or nurse practitioner if you have any of these problems.

Call your doctor if you have any of the following:
• Pain when going to the bathroom (urinating)
• Muscle aches
• Hallucinations, sudden mood changes, unusual thoughts, depression
• Bloody or black stools
• Blurred vision
• Blood sugars that remain high

This is not a complete list of all possible side effects. Tell your doctor if you have these or any other side effects that you think are caused by this medicine. Your JamesCare team will give you further help to manage side effects.

PATIENT EDUCATION
Taking Your Treatment Home
What you need to know about your Anti-Cancer Medicine

Corticosteroids
Here is important information on how to use, handle, and store your medicine, what side effects to look for and how to manage them. If you have questions about this medicine, call your doctor at the number below:

Staple business card here or write in doctor's contact information:

Common corticosteroids are: Hydrocortisone, Prednisone and Dexamethsone.

How to handle and store:
• Store in a closed container at room temperature in a dry place such as a cabinet away from light, heat and moisture.
• Do not store in your bathroom or refrigerator.
• Keep this medicine away from children and do not share it with anyone.

The James
How to take:
• It is best to take Corticosteroids with food or milk.
• Do not take more tablets than ordered.
• Do not crush, break or chew the tablets.
• If you miss a dose, take the missed dose as soon as possible, unless it is time for your next dose. If it is time to take your next dose, skip the missed dose. Do not double up on doses.

Disposal:
• Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

Precautions:
• You should not get “live” vaccines while you are taking this medicine.
• Call your doctor or nurse if you are exposed to chicken pox or measles.
• Tell your doctor if you have diabetes, high blood pressure, heart disease, AIDS, glaucoma, kidney disease, liver disease, stomach ulcers, tuberculosis or herpes infection.
• If you have diabetes, corticosteroids may increase your blood sugar level.
• Tell your doctor or pharmacist about any medicines you take, including prescription and over-the-counter medicines, vitamins and herbal products.
• Do not stop taking this medicine suddenly without asking your doctor. You may need to slowly decrease your dose before stopping it completely.
• Before you have any surgery, tell your doctor or dentist that you are taking this medicine.

Possible Side Effects
You can find more information on side effects in the Patient Education booklet, Treatment with Chemotherapy and Anti-Cancer Medicines.

Unexplained Fever or Sore Throat
What to do:
• Call your doctor if you have a fever of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
• Wash or clean your hands regularly.
• Wear a mask or avoid contact with anyone who does not feel well.
• Ask your doctor if you should get a flu or pneumococcal vaccine.

Upset Stomach, Nausea and Vomiting
What to do:
• Take your medicine with food.
• Over the counter acid blockers such as Ranitidine, Famotidine, Omeprazole or Lansoprazole may be helpful.

Nervousness and Trouble Sleeping
What to do:
• It may help to take your medicine in the morning.
• Your doctor may order you a medicine to help you sleep, if necessary.

Increase in Blood Sugar
What to do:
• If you have diabetes, you may need to monitor your blood sugar more often.
• Your doctor may need to adjust you diabetic medicines.