Prednisone (PRED-ni-sone)

Also sold by the brand names of Deltasone or Sterapred, this medicine is called a corticosteroid. It is used in low doses with other drugs to prevent organ rejection. It is used in high doses to treat organ rejection. This medicine is also used to treat asthma, serious skin problems, arthritis, some forms of cancer, and allergic reactions.

How to take this medicine

- This medicine is taken by mouth.
- Most patients take this medicine one time each day. Your doctor will tell you how much medicine to use and how often.
- This medicine should be taken with food or milk to prevent stomach irritation.
- Do not stop taking this medicine unless your doctor tells you to.

Potential Side Effects

- Nausea, upset stomach
- High blood pressure
- High blood sugar
- Swelling
- Mood swings
- Problems sleeping
- Weakening of the bones
- Blurry vision
- Cataracts
- Glaucoma
- Infections
- Slow wound healing

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Call your doctor right away if you have any of these side effects:

- Skin rash, bruising, and other skin changes
- Blurred vision
- Swelling of feet or legs
- More than a two pound weight gain in a day
- Severe stomach pain
- Bloody vomit or blood in stools
- Increased thirst or urination

Warnings

- This medicine may cause high blood pressure. Get a blood pressure machine to check your blood pressure at home, especially if you are taking medicine to control your blood pressure.
- Tell your doctor before taking if you are pregnant or breastfeeding.
- You may be more likely to get an infection while on this medicine.
- This medicine may cause high blood sugar. You should be aware of common signs of high blood sugar, such as increased thirst, increased urination, and fatigue.
- Your body makes a hormone that is very similar to prednisone. To maintain a balance your body will stop producing this hormone while you are on prednisone. Your body will need time to make this hormone again. It is very important that you do not stop taking this medicine without telling your doctor. You will most likely be given instructions to slowly come off of prednisone to allow your body time to start making this hormone again.
- Let your dentist and all of your doctors, including your primary care doctor, know that you are taking prednisone.
- Try to stay away from people with colds, flu, or other infections.
- You may be at higher risk of skin cancer or cancer of the lymph system while on this medicine.
- Avoid being in the sun while on this medicine.
- Do not use tanning booths or sunlamps.
- Use sunscreen and protect your skin if you have to be outside in the sun.
If you miss a dose

- It is very important that you do not miss any doses of this medicine.
- Take the missed dose if it is only 2 or 3 hours from the time you were supposed to have a dose.
- Skip the missed dose if it is almost time for your next regular dose, then go back to your regular schedule.
- Do not take two doses at the same time.

Lab Tests

- You will need to have blood tests done to watch for harmful side effects.

Drugs and foods to avoid

- Talk to your doctor or pharmacist before using any over-the-counter, vitamins, or herbal medicines.
- Talk to your doctor before receiving any vaccines.
- Avoid alcohol.

Storage

- Store this medicine at room temperature.
- Keep away from heat, moisture, and direct light.
- Keep all medicine out of the reach of children.

For questions about this medicine, contact your transplant coordinator.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.