

# Prednisone



**BC Renal Agency**  
An agency of the Provincial Health Services Authority

## PHARMACY INFO SHEET

### WHAT IT DOES:

Prednisone decreases inflammation and modifies the actions of your body's immune system.

### HOW TO TAKE IT:

This medication should be taken with food to prevent stomach upset. Take single daily doses or alternate-day doses in the morning prior to 9:00 am. Take multiple daily doses at evenly spaced intervals during the day. Do not discontinue this medication without medical approval.

### WHAT TO DO IF YOU MISS A DOSE:

If you miss a dose, take the missed dose as soon as you remember *unless it is:*

1. less than 6 hours before your next dose and you take prednisone once daily OR
2. less than 3 hours before your next dose and you take prednisone two or more times a day.

In these cases omit the missed dose and resume your regular dosing schedule with the next dose. **DO NOT DOUBLE YOUR DOSE OR TRY TO "CATCH UP" BY TAKING EXTRA DOSES.**

### POSSIBLE SIDE EFFECTS:

- Stomach upset, nervousness, restlessness, confusion, weight gain or hair growth may occur.
- Try to protect yourself from injuries since you may bruise more easily as well.
- If you are diabetic, this medication may increase your blood sugar levels. Contact your doctor if you need help controlling your blood sugar level.
- Prednisone may cause zinc deficiency. A zinc supplement may be necessary.
- Prolonged use of prednisone at doses of 20 mg per day or higher may cause muscle fatigue and tissue wasting.

- Prednisone may cause an increase in your cholesterol or triglyceride levels. Consult your doctor to discuss the possible need to do blood cholesterol and triglyceride tests.
- Prednisone may cause increased appetite and weight gain.
- Prednisone may cause osteoporosis. Speak to your doctor about appropriate treatment for people with kidney disease. Do not self-treat.

### Contact your doctor if any of these side effects persist or become severe and intolerable.

- If you develop signs of black and tarry stools, stomach pain, sore throat, fever, swelling of ankles or legs, changes in vision, change in your mood, unusual bruising, slow healing wounds, increased facial hair (women), muscle cramps or an infection.

### RELATION TO DIET:

Prednisone may affect your bones. Meet with your dietitian to make sure you are getting enough calcium and vitamin D every day to keep your bones healthy. High protein diet and vitamin supplements may be needed. A diabetic and/or lipid-lowering diet may be needed. Consult your doctor and dietitian.

### PRECAUTIONS:

Tell your health care providers that you are taking a corticosteroid.



### WHY I AM TAKING THIS MEDICINE:

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