

Prednisone or Prednisolone for GI (Gastroenterology) Clinic

**(Prelone®, Pediapred®, Liquid Pred®, Deltasone®, Prednisone Intensol®, Orasone®,
Orapred®)

Reason for prescribing

Prednisone is an anti-inflammatory medicine. It is often called a steroid. This drug is like the steroid type of hormone that your own body makes. Prednisone is used:

- To relieve or treat IBD (Inflammatory Bowel Disease).
- For allergic reactions.
- For autoimmune hepatitis.
- To prevent transplant rejection.
- For other conditions.

Description of the medicine

This medicine comes as tablets, liquid or can be given by IV.

How and when to give the medicine

Your child's doctor or nurse will explain how and when to give this medicine to your child. If you have questions, ask the doctor, nurse, or pharmacist.

- Do not let anyone else take this medicine.
- It is best to take this medicine in the morning.

Special advice for giving this medicine with food

- It is best to give this medicine with food, just after a meal, snack, or with milk.
- If you need to mix this medicine with food, one teaspoon of applesauce or pudding will normally work.
- This medicine causes muscle weakness. Be sure to get more protein in your child's diet. Have your child eat more foods such as milk, meat, cheese and nuts. This will help to improve muscle strength.
- This medicine may cause brittle bones. Include calcium-rich foods in your child's diet to strengthen your child's bones. Foods such as milk, cheese and yogurt are high in calcium. If your child is unable to eat these foods, a calcium supplement may be needed.
- Extra potassium may be needed. Foods high in potassium include bananas, cantaloupe, oranges, plums, raisins, prunes or prune juice, dates, almonds, cashews, Brazil nuts, peanuts, tomatoes, spinach, squash, lima beans, potatoes, carrots, mushrooms and milk.
- Limit how much sugar your child eats to help avoid high blood sugar. Foods high in sugar include cake, cookies, candy, white or brown sugar, honey and pancake syrup.

Special advice for giving this medicine with food (continued)

Limit your child's intake of salt. Use the guidelines below:

Use low-salt foods	Avoid high-salt foods
<ul style="list-style-type: none"> • Low-salt canned soup or bouillon • Low-salt ketchup, Worcestershire sauce • Roast beef, turkey slices, roast chicken • Low-salt cheese • Fresh vegetables, low-salt canned vegetables, frozen vegetables • Unsalted crackers 	<ul style="list-style-type: none"> • Regular canned soup or bouillon • Chili sauce, regular ketchup, mustard, relish, A-1 sauce, soy sauce • Cured meats, sausage, ham, bacon, corned beef, chipped beef, prepackaged roast port, lunch meat, hot dogs • Salted snacks such as potato chips • Pizza • Most pre-prepared or processed food unless specifically labeled as low-salt

Possible side effects

Prednisone helps in many ways, but it also causes many side effects. The side effects are related to the dose of Prednisone and the length of treatment. The doctor will prescribe the lowest effective dose for the shortest time required.

If your child has these or other side effects, tell the doctor, nurse, or pharmacist.

Common side effects	Less-common side effects
<ul style="list-style-type: none"> • Increased appetite • Upset stomach • Hard time sleeping • Nervousness • Mood swings • Fluid retention • Weight gain • Rounding of the face, called moon face • Increase in body hair • Skin rash such as acne or discolored skin • Headaches 	<ul style="list-style-type: none"> • Vomiting • Increased blood pressure • Black tarry stools • Increased thirst or urination • Less resistance to infection • Weakened bones and fractures • High blood sugar • Severe depression

- The side effects last as long as your child is on Prednisone.
- As the dose of Prednisone is decreased, the side effects will lessen. The side effects will go away in time once Prednisone is stopped.

Special information

General information:

- Your child should not drink alcohol or take products that contain alcohol while on this medicine. There are some products and over-the-counter medicines that contain alcohol, like cough medicine and mouthwash. Please check the label carefully.
- Your child should not take any prescription, over-the-counter, or herbal products without first checking with the doctor, nurse, or pharmacist.

Special Information (cont)

- Do not stop giving this medicine until you check with your child's doctor. Prednisone is much like a hormone made in your child's body. While taking Prednisone, your child's body stops making this hormone. The Prednisone dose is lowered slowly over a period of time. When Prednisone is stopped, it may take a while for your child's body to start making this hormone on its own. This may cause your child to be weak, dizzy, have an upset stomach or vomit, have diarrhea, or shock if they stop taking this medicine suddenly. **If your child has any of these problems when the Prednisone dose is lowered or stopped, tell your child's doctor immediately.**
- If you forget to give your child the medicine, give the missed dose as soon as you remember. If it is time to give the next dose, skip the missed dose and get back on the normal schedule. **Do not give two doses at the same time.**
- Check with the doctor before your child gets any immunizations or skin tests when taking this medicine.
- Tell all of your child's doctors and dentist that your child is taking Prednisone or has taken it within the past year.
- Have your child wear a Medic Alert necklace or bracelet if they will be on Prednisone for a long period of time.
- If your child has been taking Prednisone for a long time, a yearly visit to an eye doctor is recommended.

** Orapred® is a pleasant tasting form of prednisolone. If you are having trouble getting your child to take their medicine, ask your medical provider about prescribing Orapred®.

Storage, refills and when to throw away:

- **Keep this medicine out of the reach of children.**
- Store this medicine in a cool, dry place. Keep out of direct sunlight. The liquid form of this medicine should be stored in the refrigerator.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has:

- Any side effect that is bothersome or lasts longer than one week.
- A hard time breathing or is short of breath.
- Symptoms of the illness that get worse or do not improve.
- Any signs of unusual bleeding or bruising.
- Signs of depression.
- Pain with walking or hip pain.
- Special health care needs that were not covered by this information.

Or if your child gets pregnant while on this medicine.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.