

Your Steroid Tablets

Prednisolone (Wysolone, Omnacortil) · Deflazacort (Defcort) · Methylprednisolone (Medrol)

Your tablet and dose:

Reducing plan:

How to take them

- **Take the whole dose in the morning, after breakfast.** This matches your body's natural rhythm and causes the least disturbance.
- Follow the reducing plan exactly as written above.

NEVER STOP STEROID TABLETS SUDDENLY

If you have been taking them for more than about three weeks, your body stops making its own natural steroid. Stopping abruptly can cause a dangerous drop in blood pressure. **Always reduce gradually, as instructed.**

If you become unwell, develop a fever, or need surgery while on steroids — **tell the treating doctor you are taking them.** You may need a higher dose temporarily, not a lower one.

IF YOU ARE DIABETIC

Steroids raise blood sugar, sometimes sharply. Check your sugar more often than usual, especially **after meals** — the fasting reading can look normal while the after-food reading is high. Your diabetes medicines may need adjusting while you are on this course.

While you are on them

- Take your **calcium and vitamin D** — steroids weaken bone.
- Watch your salt intake, and expect some increase in appetite.
- Tell any doctor or dentist you are taking steroids.

CONTACT US IF YOU GET

Severe stomach pain, or black stools · signs of infection such as fever — steroids can mask them · blurred vision · marked mood change, agitation or sleeplessness · severe swelling of the ankles

