



HIGH MEDICATION COUNSELING: PREDNISONE

Prednisone

Prednisone Counseling: Risks of prolonged use of prednisone include but are not limited to weight gain, insomnia, osteoporosis, mood changes, diabetes, susceptibility to infection, glaucoma and high blood pressure. In cases where prednisone use is prolonged, you should be monitored with blood pressure checks, serum glucose levels and an eye exam. In rare cases, Prednisone can include psychosis or aseptic necrosis of the hip. Additionally, you may need to be placed on vitamins, supplements, or medications to protect the stomach. Take Prednisone with food, preferably breakfast, to decrease stomach upset. DO NOT take near bedtime, as it may make you feel jittery and unable to sleep. Prednisone can cause increase in blood sugar, blood pressure, and/or heart rate and you should monitor these while taking the medication. If you experience any problems while taking Prednisone, stop the medication and contact our office or go to your closest ER.

Prednisone 5mg

#30 taper

Take 2 pills twice a day for 3 days, then take 1 pill three times a day for 3 days, then take 1 pill twice a day for 3 days, then take 1 pill once a day for 3 days.

Prednisone 5mg

#18 taper

Take 1 pill three times a day for 3 days, then take 1 pill twice a day for 3 days, then take 1 pill once a day for 3 days.