

# Medication Information

## **Prednisone** **(Pred – ni – zone)**

---

### **Other names for this medication**

There are many other names for this medication.

### **How this medication is used**

This medication is used to treat many different problems. It can lessen swelling, inflammation, redness, itchiness and allergies.

Prednisone can also be used to treat problems with breathing.

It is also used to treat immune diseases, such as rheumatoid arthritis, colitis and many more.

### **How to take this medication**

Take this medication exactly as directed by your health care provider or health care provider. If you are taking this medication once daily, take it in the morning with breakfast.

To avoid stomach upset, take this medication with a meal or snack.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

## **How to take this medication (continued)**

Never stop taking prednisone without checking with your health care provider first.

Sometimes you may need to take prednisone for a long time. When it is time to stop taking prednisone, your health care provider will slowly decrease the amount you are taking.

If you have taken prednisone for a long time, talk to your health care provider about a plan to keep your bones strong and prevent osteoporosis.

Due to increase risk of infection, check with your health care provider or health care provider before having any vaccinations, flu shots or dental work.

## **While taking this medication you may notice**

- a sense of well-being or depression
- an increased appetite
- weight gain
- upset stomach
- restlessness
- trouble sleeping
- skin changes such as acne or stretch marks
- water gain making your hands, feet and face puffy
- bruising
- increased blood pressure
- increased blood sugar levels

## Contact your health care provider if you notice

- severe puffiness of your hands, feet and face
- a lot of bruising or bleeding
- a painful or burning feeling in your stomach
- black or bloody stools
- a fever for 24 hours or more
- changes in your menstrual cycle
- muscle pain and weakness
- wounds that do not heal
- mouth sores or redness inside your mouth
- blurred vision or other problems seeing
- frequent mood changes or unusual behaviour for you