

# Pediatric Gastroenterology Service: Steroids

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Prednisone (liquid format known as prednisolone) is a steroid medication. Steroids are used to suppress inflammation and reduce swelling.

It is important to take prednisone as directed and not skip doses, or suddenly stop taking this medication. If you miss a dose, 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 once. The dosage of prednisone will be slowly reduced over a period of weeks. A schedule for reducing the dose will be included with the prescription.

Prednisone may cause an upset stomach or indigestion (heart burn). To prevent this, a medication to reduce stomach acid may also be prescribed. Unless instructed otherwise by your care provider, when you have stopped taking prednisone you can stop the acid reducing medication as well.

## **Important safety information**

Prednisone can increase risk from infections. Prednisone may also temporarily reduce the body's ability to manage physical stress such as:

- a fever (temperature over 38°C or 100.4°F)
- a severe injury (ie: a broken bone)
- surgery or a procedure that requires sedation

Because of this, it is important to let any medical team caring for you know you are, or have recently stopped, taking prednisone.