

Prednisone: Medication Facts and Safety Agreement

Use of Prednisone

Prednisone is a corticosteroid medication that has anti-inflammatory properties and works by suppressing the immune system.

Side Effects this list includes but is not limited to the following:

- Prednisone can increase the risk of developing an infection and can mask typical signs of infection.
- Patients taking Prednisone should avoid Nonsteroidal Anti-Inflammatory Medications (NSAIDs) because there is an increased risk of gastrointestinal bleeding. These medications include Advil, Ibuprofen, Aleve, Motrin, and many other over-the-counter medications often used to treat conditions such as arthritis.
- Prednisone can delay wound healing.
- Prednisone can increase blood sugar levels. Diabetic patients should be particularly careful to monitor their blood sugar.
- Prednisone can cause water retention resulting in weight gain and can increase blood pressure. Restricting dietary sodium to no more than 2 grams a day can help reduce this side effect.
- Prednisone can cause a fullness of the face, increased acne, and easy bruising.
- Prednisone can cause alterations in mood, such as feelings of euphoria or depression. Patients with any history of depression or other psychiatric illness are at a higher risk for developing this side effect.
- Prednisone can affect sleep patterns.
- Use of prednisone has not been associated with prenatal or adverse fetal effects.

Most side effects and/or complications resolve with the reduction or discontinuation of Prednisone use. **Prednisone cannot be abruptly stopped; the dose must be tapered off. Proper tapering must be discussed with and decided upon by the physician.**

Serious Side Effects

Prednisone can disrupt blood supply to large joints, most commonly the hips and knees, which can cause bone death. This can possibly lead to needing a knee and/or hip replacement. It is important to notify your physician if hip or knee pain develops. Increased risk of bone thinning/bone loss as well as bone fractures can also be associated with use of this medicine.

Long Term Use

Long term use of prednisone or repeated courses of treatment increase the risk for cataract development and bone loss (osteoporosis). It is recommended to have yearly eye exams and calcium replacement of 1500mg per day. Low dose vitamin D (400 IU) may also help protect against bone loss as it aids in the absorption of calcium. Prescription medicines for bone loss may be needed if bone loss occurs.

I have read and understand the information given above. I will call for any further questions or if any of the listed side effects occur.

_____/_____
Patient Signature / Date

_____/_____
Physician Signature / Date