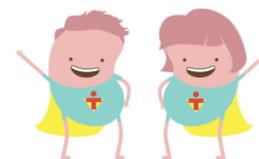


Prednisone



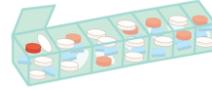
Prednisone	Prednisone liquid
Taken once daily	Taken once daily
1 mg – small, white tablet 	Concentration may change– please confirm on bottle or with your transplant team and pharmacy 
5 mg – small, white tablet 	
50 mg – large, white tablet 	

What is prednisone?

Prednisone is a medicine called a “corticosteroid”. It acts as both an immunosuppressant (e-mew-no-sa-press-ant) that weakens the immune system and an anti-inflammatory (an-tea-in-fla-ma-tor-e) medicine. It is used to prevent and stop rejection of transplanted organs, such as the kidney, heart, lung, and liver. The medicine slows down the immune system and stops an attack to your kidney. Prednisone may also be used to treat active rejection of your transplant and other illnesses that are caused by an overactive immune system, for example nephrotic syndrome and asthma.



How should you take prednisone?



- Take prednisone at the same time every day in the morning.
- Adherence (which means sticking to the health care plan) for this medicine is very important to keep your kidney working well.
- It is better to take prednisone with food to avoid an upset stomach, especially at high doses.
- Tablets may be cut in half, along the score line to make up the correct doses.
- If giving liquid form, shake the bottle well before measuring each dose.
- Never stop taking this medicine suddenly.

What should you do if you miss a dose of prednisone?



Missing doses and taking doses late puts your kidney at risk of rejection. The best ways to avoid missing doses are:

- Setting reminders on phones or alarm clock, taking medicines with a scheduled activity (such as brushing teeth, with breakfast/bedtime), using dosettes or blister packs, keeping track with a medicine calendar, helping assisting your child with taking doses.
- Give the missed dose as soon as you remember.
- If it is almost time for the next dose, skip the missed dose and give the next dose at the regular time. Do not double up on doses.
- ***Remember it is the parent or guardian who is responsible to make sure every dose has been taken.***

What should you do if you vomit after you take prednisone?

If you throw up within 30 minutes of taking prednisone, repeat the dose. If it is longer than 30 minutes, **do not** repeat the dose unless you see medicine in the vomit. **Do not repeat a dose more than once.**

What are the possible side effects of prednisone?

Prednisone has many side effects all over the body. Most side effects are worse at high doses and get better on lower doses. Possible side effects include:

- Upset stomach or heart burn
- Increased appetite and weight gain
- Trouble sleeping and mood swings
- Higher risk of infections such as colds, flus, chest infection, urinary tract infection and skin infections
- Higher risk of diabetes and high blood sugars
- Weakening of bones over time



What safety measures should be taken when on prednisone?

- Exercise regularly and eat a healthy diet with less high sugar foods to lower the risk of weight gain and diabetes. Speak to our transplant dietitian to help decide on the best food options for you.
- Wash hands often and thoroughly, especially before eating or touching the face. Hand washing is the most important way to prevent the spread of germs that cause infections.
- Avoid close contact with people who have active infections such as colds or flus.
- Ensure you are up-to-date on routine vaccinations and yearly flu shots. You should avoid live vaccinations such as measles, mumps, and rubella (MMR), and the chicken pox vaccine as these may put you at risk of getting these illnesses. Talk to your transplant team if you need any vaccinations.



Are there any interactions with prednisone?

Yes, some medicines may interact with prednisone. In order to ensure safety, please:

- Use Tylenol® or acetaminophen-based medicines for pain and fevers. Do not take medicines containing Advil®, ibuprofen, Aleve®, naproxen, or other medicines in this family as they may cause harm to your kidney.
- Let the transplant clinic know if you are starting any new medicines including prescription, over-the-counter, herbal, or natural medicines.



What other important information should you know?

- Keep a list of all medicines you are taking and bring to each medical appointment.
- Make sure you always have enough prednisone on hand. Call your pharmacy at least 2 days before you run out of medicine to avoid missing doses. Some pharmacies need advanced notice to order in the medicine.
- Store prednisone at room temperature in a cool, dry place. Do not keep in a bathroom or vehicle. Liquid prednisone should be stored in the fridge.
- Keep medicines out of reach of other children.
- Do not throw old medicine in the garbage or toilet. Please return to a community pharmacy for safe disposal.
- If you develop a fever, please seek medical attention.

