

Prednisone: Drug Information for Patients

What Is it used for and how does it work?

This medication is used to treat inflammation, allergic reactions, or suppress the immune system in various acute and chronic illnesses.

- Allergy symptoms
- Arthritis
- Asthma
- Inflammatory Bowel Disease
- Leukemia & Lymphoma
- Skin rashes
- Tonsillitis
- Prednisone replaces an important chemical/hormone produced by the body
- It blocks allergic reactions by minimizing or preventing the body's abnormal response to an allergen it considers harmful.
- It prevents or reduces swelling.
- It decreases the body's harmful responses to diseases that affect the immune system.

How Is it Best Taken?

- If prescribed once daily, take the dose in the morning with food to prevent stomach upset.

Precautions

- Talk with a healthcare provider before receiving any vaccines, as current or recent use of Prednisone may either increase the risk of serious infection from the vaccine or make the vaccine less effective.
- Avoid exposure to persons with Chickenpox or Measles if inadequately vaccinated in the past.
- Do not take antacids within 2 hours of this medication.
- Avoid alcohol while taking this medication.
- If you are currently or previously suffered from a mood disorder, advise your healthcare provider. Prednisone may cause psychiatric disturbance, including depression, anxiety, hyperactivity, insomnia, mood swings, and personality changes.
- Discuss the use of this medication if you have diabetes, glaucoma, high blood pressure, infection, osteoporosis, stomach ulcers, tuberculosis, pregnancy, or are breast-feeding.

Possible Side Effects

- High blood sugar
- Risk of infection
- Abdominal pain
- Nausea or vomiting
- Weight gain
- Mood changes (i.e. anxiety, irritability, depression)
- Difficulty sleeping
- Weakened bones (with long-term use)
- Muscle weakness/soreness
- Skin changes (i.e. acne, stretch marks, slow healing)
- In females, vaginal yeast infection (i.e. itching and/or discharge)

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See Your Healthcare Provider Immediately If:

- **Signs of a life threatening reaction:** wheezing, chest tightness, fever, itching, severe cough, blue skin color, swelling of face/lips/tongue/throat
- **Signs or symptoms of infection:** fever of 100.5 or higher, chills, severe sore throat, ear or sinus pain, cough, increased sputum or change in color, painful urination, mouth sores, wounds that won't heal, anal itching or pain
- **Feeling extremely tired, weak, or irritable**
- **Difficulty breathing**
- **Severe nausea or vomiting**
- **Significant weight gain**
- **Sudden change in vision**
- **Exposure to chickenpox if not previously vaccinated or had disease**
- **Rash**
- **No improvement in condition or feeling worse**

In an emergency go to Mount Nittany Medical Center or call 911 for an ambulance.

Test Results and Advice Nurse

Send secure message to advice nurse via the UHS website or call 814-863-4463.

Appointments

Appointments can be made online via the UHS website, by phone 814-863-0774, or in person.
If you are unable to keep your appointment, please call or go online to cancel.
Otherwise you will be charged for the visit.

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