PREDNISONE
Apo-Prednisone®, Prednisone Douglas®

What does it do?
Prednisone is a steroid medicine used to treat and prevent a variety of conditions that involve inflammation. It is also used to replace natural steroids if your body cannot produce enough.

How should you take it?
Take prednisone regularly as directed, usually in the morning. Take with food and a glass of water.

What if you miss a dose?
Take the missed dose if you remember on the same day. If not, skip the dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?
Some medicines available without prescription may react with prednisone including:
- anti-inflammatories, such as: diclofenac (e.g. Voltaren Rapid®), ibuprofen (e.g. Nurofen®), mefenamic acid (e.g. Ponstan®), naproxen (e.g. Naprogesic®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking including vitamins, herbal products or recreational drugs.

What side effects might you notice?

<table>
<thead>
<tr>
<th>Side Effects</th>
<th>Recommended action</th>
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<tbody>
<tr>
<td>Changes in vision</td>
<td>Tell your doctor</td>
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<tr>
<td>Peeing more often, feeling thirsty</td>
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<tr>
<td>Muscle or bone aches and pains</td>
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<tr>
<td>Mood changes, restlessness, trouble sleeping</td>
<td>Tell your doctor if troublesome</td>
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<tr>
<td>Weight gain, swelling</td>
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<tr>
<td>Thinning of the skin, acne</td>
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<tr>
<td>Stomach upset</td>
<td>Take with food and tell your doctor if symptoms persist</td>
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If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:
- Long term use of steroids may be associated with a range of side effects such as: round face, changes in body shape, change in hair growth, thinning of the bones, increased blood pressure and diabetes.
- If you take prednisone for a long time, infections may be worse or more common. Contact your doctor if you become unwell or come into contact with someone who has a contagious illness such as chicken pox or measles.
- If you take prednisone in large doses or for a long time, it is dangerous to stop taking it suddenly. Your doctor may reduce the dose gradually when it is time to stop.
- Talk to your health professional before receiving any vaccines. Avoid live vaccines while taking prednisone.
- Tell your doctor if you have thyroid, stomach, heart, kidney or liver problems, high blood pressure, diabetes, glaucoma or osteoporosis, a mood disorder, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Avoid foods or remedies that contain liquorice.
- It is important to tell anyone who gives you medical or dental treatment that you are taking prednisone.