Te Whatu Ora
Health New Zealand
Waitaha Canterbury

BUDESONIDE (capsule or tablet)

bew-dess-oh-nide

What does it do?

Budesonide is a steroid medicine used to treat inflammatory bowel disease, such as Crohn's disease.

Before you start

- Tell your doctor if you have heart failure, high blood pressure, diabetes, glaucoma, osteoporosis (weak bones), a mood disorder, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *budesonide* regularly as directed in the morning. Swallow whole with a glass of water.
If you have trouble swallowing you can open the capsules and sprinkle the contents on a small amount of soft food and swallow without chewing. Do not crush the capsule contents.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

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?

These side effects happen less often with *budesonide* capsules or tablets than with other steroid medicines.

Side Effects	Recommended action
Changes in vision Peeing more often, feeling thirsty Muscle or bone aches and pains	Tell your doctor
Mood changes, restlessness, trouble sleeping Weight gain, swollen feet or legs Acne, stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop taking *budesonide* suddenly without talking to your doctor first. Your doctor may reduce the dose gradually.
- Long-term use of *budesonide* may cause side effects such as: round face, change in body shape, change in hair growth, thin skin, weak bones, increased blood pressure and diabetes.
- Long-term use of *budesonide* can weaken your immune system, making it harder for your body to fight infections. Tell your doctor if you become unwell or come into contact with someone who has a contagious infection such as chicken pox or measles.
- Grapefruit, grapefruit juice or sour/Seville oranges may react with *budesonide*. Discuss with your pharmacist.