PREDNISONE (for transplant patients)

pred-ni-sone

What does it do?

Prednisone is a steroid medicine used with other medicines to prevent transplant rejection.

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 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?

Some medicines available without a prescription may react with *prednisone* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

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

What side effects might you notice?

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	Tell your doctor if troublesome
Stomach upset	Take with food and tell your doctor if symptoms continue

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

Other information:

- It may be dangerous to stop taking *prednisone* suddenly. Your doctor at the transplant clinic may reduce the dose gradually.
- Long-term use of *prednisone* 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 *prednisone* 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.
- Ask your doctor what vaccines you might need before you start and while you are taking *prednisone*. You should not have a live vaccine while taking *prednisone*.
- *Prednisone*, when used with other immunosuppressant medicines, can rarely cause serious bone damage. This is called avascular necrosis and is caused by a loss of blood supply to the bone. It most commonly occurs in the hip and may cause pain or difficulty walking. In some cases surgery is required to treat this.
- If you plan to become pregnant, or find you are pregnant, discuss this with your doctor. Tell your doctor if you are breastfeeding.
- It is important to tell anyone who gives you medical or dental treatment that you are taking *prednisone*.