

Ten Day Prednisone Program

Prednisone 10 mg

DAY	BREAKFAST	LUNCH	DINNER
1	2 pills	2 pills	2 pills
2	2 pills	2 pills	2 pills
3	2 pills	2 pills	2 pills
4	2 pills	2 pills	2 pills
5	1 pill	1 pill	2 pills
6	1 pill	1 pill	2 pills
7	1 pill	1 pill	1 pill
8	1 pill	0	1 pill
9	0	0	1 pill
10	0	0	½ pill

Prednisone should not be used if infection, an ulcer, or pregnancy is present. (Consult standard references for complete list of side effects and contraindications.) Aspirin and other nonsteroidal anti-inflammatory drugs should be avoided while taking prednisone.

WARNING: Steroid use has been associated in rare instances with Avascular Necrosis of the Hip. (This would cause severe hip pain. Stop the drug immediately and consult your physician if you develop hip pain.)

Common Side Effects:

1. Anorexia or increased appetite, GI distress
2. Behavior and/or personality changes, mood swings
3. Psychosis, hallucinations, and/or agitation
4. Hypothalamic, pituitary, and/or adrenal axis suppression (with long term use only)
5. Cataract formation or glaucoma (with long term use only)
6. Increased blood pressure
7. Steroid dependence and Cushing's syndrome (with long term use only)
8. Menstrual irregularities
9. Thinning skin, easy bruising, slow wound healing
10. Increased risk of infection

Can Complicate the Following Conditions:

1. Osteoporosis (with prolonged use)
2. Diabetes (aggravation)
3. Hypertension (aggravation)
4. Diverticulosis and/or diverticulitis (may cause perforation even with short term use)