

**ALDERFER & TRAVIS CARDIOLOGY, PC**  
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CORTICOSTEROIDS - ORAL

USES: This medication belongs to a class of drugs called corticosteroids. Corticosteroids have various effects on the body. They reduce swelling and inflammation. Corticosteroids are used in a variety of disorders such as skin diseases (psoriasis, hives), allergic conditions, asthma, respiratory conditions, cancer, blood disorders (anemia), digestive problems, eye disorders, rheumatic disorders (arthritis, bursitis) and replacement of adrenal gland hormones.

HOW TO TAKE THIS MEDICATION: Take with food or immediately after a meal to prevent stomach upset.

Take this medication as prescribed. Follow the dosing schedule carefully. Be sure to ask your doctor if you have any questions.

If you are taking this medication only once a day, it should be taken in the morning before 9 a.m.

The liquid suspension form must be shaken well before using.

If you have been taking this medication for a long time, do not suddenly stop taking it without your doctor's approval. Your dose may need to be gradually reduced. You may experience extreme fatigue, weakness, stomach upset or dizziness when the medication is suddenly stopped.

SIDE EFFECTS: May cause dizziness, nausea, indigestion, increased appetite, weight gain, weakness or sleep disturbances. These effects should disappear as your body adjusts to the medication. If they persist or become bothersome, inform your doctor.

Notify your doctor if you experience vomiting of blood, black or tarry stools, puffing of the face, swelling of the ankles or feet, unusual weight gain, prolonged sore throat or fever, muscle weakness, breathing difficulties or mood changes while taking this medication.

In the unlikely event you have an allergic reaction to this drug, seek medical attention immediately. Symptoms of an allergic reaction include rash, itching, swelling, dizziness or trouble breathing.

PRECAUTIONS: Before using this drug, tell your doctor your medical history, particularly if you have liver, kidney, heart or intestinal disease; an underactive thyroid gland, high blood pressure, myasthenia gravis, osteoporosis (brittle bones), herpes eye infection or a history of tuberculosis (TB), seizures, ulcers, or blood clots and of any drug allergies.

Do not have a vaccination, other immunization or any skin test while you are using this drug unless your doctor specifically tells you that you may.

If you have a history of ulcers or take large doses of aspirin or other arthritis medication, limit your consumption of alcoholic beverages while taking this medication. It may make your stomach and intestines more susceptible to the irritating effects of alcohol, aspirin, and certain arthritis medications, increasing your risk of ulcers.

Report any injuries or signs of infection (fever, sore throat, pain during urination, and muscle aches) that occur during treatment and within 12 months after treatment with this drug. Your dose may need to be adjusted or you may need to start taking the drug again.

If you have diabetes, this drug may increase your blood sugar level. Test your urine for sugar (glucose) frequently and contact your doctor if sugar is present; your dose of diabetes medication and your diet may need to be changed.

If your sputum (the matter you cough up during an asthma attack) thickens or changes color from clear white to yellow, green, or gray, contact your doctor; these changes may be signs of an infection.

This medication should be used only when clearly needed during pregnancy. Discuss the risks and benefits with your doctor.

This drug is excreted into breast milk. Consult your doctor before breast-feeding.

This medication can cause growth suppression in infants.

**DRUG INTERACTIONS:** Before you take this drug, tell your doctor of any over-the-counter or prescription medications you are taking especially aspirin, arthritis medication, anticoagulants ("blood thinners"), diuretics ("water pills"), rifampin, phenobarbital, estrogen (e.g. birth-control pills), phenytoin, ketoconazole, neostigmine, pyridostigmine, ambenonium and drugs for diabetes.

**NOTES:** Persons taking this medication for long-term therapy should wear or carry identification stating that they are taking a corticosteroid.

Do not allow anyone else to take this medication.

**MISSED DOSE:** If you miss a dose, and are taking 1 dose every other day, take the missed dose as soon as remembered if you remember the same morning, then resume your usual schedule. If you do not remember the missed dose until later, skip the missed dose and resume your regular dosing schedule the following day. If you take 1 dose daily, take the missed dose as soon as remembered then resume your regular dosing schedule. If you do not remember until the next day, skip the missed dose. Do not "double-up" the dose. If you take 2 or more doses daily, take the missed dose as soon as remembered unless it is near time for the next dose. In that case,

take the missed and next dose together.

STORAGE: Store at room temperature between 59 and 86 degrees F (between 15 and 30 degrees C) away from moisture and sunlight. Do not store in the bathroom. Do not freeze liquid forms of this medication.

Your condition can cause complications in a medical emergency. For information on enrollment call Medic Alert(TM) at 1-800-854-1166. In Canada call 1-800-668-1507.