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EAR, NOSE AND THROAT HEAD AND NECK SURGERY

INFORMATION REGARDING YOUR PREDNISONE PRESCRIPTION

You have been recommended to take a course of Prednisone. Prednisone is in the cortisone or steroid family of medications. A tapering course has been given to you. Either Prednisone 5mg. or Prednisone 10mg has been prescribed. You should follow the dosage regimen circled below, unless told otherwise by me.

Steroids are potent medications with valuable anti-inflammatory effects. Side effects can occur but are usually mild and/or self-limited. If they do occur and are troublesome, please call me.

PRECAUTIONS:

Prednisone may produce an upset stomach; if so, it can be taken with milk or food. If particularly sensitive, the total daily dose can be divided into three or even four equal doses and taken with meals.

Prednisone may produce menstrual irregularities. Be aware of this in regards to birth control. It may also cause fluid retention and/or flushing. If severe, please limit salt intake.

Prednisone may cause some insomnia. If so, please take the entire dose in the morning. It may occasionally cause mild mood swings.

You should not take Prednisone if you have diabetes, active stomach ulcers, uncontrolled high blood pressure, or tuberculosis. If you have not been questioned about any of these conditions, please discuss this with me, or call 760-724-8749.

DOSAGE REGIMEN A

(37 tablets)

Days 1 through 5-----6 tablets a day
Day 6-----4 tablets a day
Day 7-----2 tablets a day
Day 8-----1 tablet in AM

DOSAGE REGIMEN B

(39 tablets)

Days 1 through 3-----6 tablets a day
Days 4 through 6-----4 tablets a day
Days 7 through 9-----2 tablets a day
Days 10 through 12-----1 tablet in AM

DOSAGE REGIMEN C

(63 tablets)

Days 1 through 7-----6 tablets a day
Day 8-10-----4 tablets a day
Day 11-13-----2 tablets a day
Day 14-16-----1 tablet in AM

DOSAGE REGIMEN D

(65 tablets)

Days 1 through 5-----6 tablets a day
Day 6-10-----4 tablets a day
Day 11-15-----2 tablets a day
Day 16-20-----1 tablet in AM