

Asheville Gastroenterology Associates, P.A.
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Prednisone Information Sheet

This information sheet is designed for our patients so that they will be more informed about the drug called Prednisone.

Prednisone is a synthetic hormone that is a direct relative of Cortisone. Cortisone is a hormone that each of us makes daily in our adrenal gland. Prednisone works just like Cortisone does, but it is five times more potent. Cortisone and Prednisone are strong anti-inflammatory drugs that are used in many inflammatory disorders such as rheumatoid arthritis, kidney inflammation, (glomerulonephritis), asthma, severe psoriasis and various allergic disorders. It is also an effective and widely used treatment for inflammatory bowel disease (ulcerative colitis and crohn's disease) where it has been in use for several decades.

The advantages of the drug are that it is available in generic form and hence it is inexpensive, it is a potent anti-inflammatory drug and it is fast acting.

As with any drug, there are potential side effects or adverse reactions that can develop when taking the medication. Side effects which some people have experienced within several weeks of taking Prednisone include increased appetite, weight gain, acne, fluid retention, nervousness or anxiety, and a rounding of the contour of the face. In most instances, these potential side effects gradually resolve with stopping of the drug.

There are multiple potential side effects to the use of Prednisone if patients use this drug continuously for many months or years. Some of the potential long-term side effects of the drug include muscle weakness, osteoporosis with deterioration of bone, fragile skin, fractures of the bones, and increased tendency to diabetes and cataracts. The aforementioned possible side effects of Prednisone do not represent a complete list, but these are the ones, which occur most frequently.

Asheville Gastroenterology Associates is aware of the potential side effects of Prednisone and therefore we use the drug only as long as is necessary. We make every attempt to reduce and taper the drug when the time is appropriate. However, certain patients will find that control of their disease will require continued use of Prednisone.

It is important for you to know that Prednisone should never be stopped quickly, once you have been on it for more than a few weeks. It is very important that Prednisone be tapered off on a very gradual basis and we will give you specific instructions as to how to taper the drug.

You should tell other physicians you are on Prednisone whenever you are seen for treatment of illness or injury.

Your signature below will indicate that you have read the above material and that I have given you a copy of this for you to keep. The other copy has been placed in your chart.

Signature _____

Date _____

Print name _____

D.O.B. _____