

- Do you, have high blood pressure?
- Do you suffer from kidney, liver or heart problems?
- Do you have osteoporosis (brittle/weak bones)?
- Do you or anyone in your family, have glaucoma?
- Do you have, or ever had stomach ulcers?
- Have you ever had a bad reaction to any steroid, such as muscle weakness or mood changes?

Tell your doctor and pharmacist what prescription and non-prescription medications you are taking. You should also inform your doctor if you are receiving any vaccinations.

You may get infections more easily while being treated with this medicine. Avoid crowded places or being near people who are sick. Avoid close contact with people who have chicken pox, shingles or measles. Call your doctor at once if you develop fever, sore throat or other signs of infection.

### How should I STORE the medicine?

Keep the medication in an airtight container. Store away from heat and direct sunlight.



Discard all medication that has expired or is no longer required

## Patient Information Leaflet



# Oral Corticosteroids

Cortisone acetate • Hydrocortisone  
Dexamethasone • Prednisolone • Fludrocortisone

E36R0

Keep all medication out of reach of children

## ABOUT your medicine

This medicine is used to provide relief to inflamed areas of the body. It can reduce swelling, redness, itchiness and allergic reactions, and are used for various conditions such as severe allergies, skin problems, asthma, some types of arthritis and autoimmune diseases (e.g. lupus).

Corticosteroids are produced naturally by our body and they are necessary for good health. If your body does not produce enough of these, your doctor may also prescribe them as replacement treatment.

Examples of oral corticosteroids include cortisone acetate, hydrocortisone, dexamethasone and prednisolone. These are available only with a doctor's prescription.

## HOW should I take the medicine?

Your doctor will instruct you on how much and how often you should take your medicine. He will prescribe the lowest effective dose for you. Do not take more of the medicine or take it more often than your doctor tells you to as this may increase your risk of experiencing side-effects. You should not stop taking this medicine without first checking with your doctor as he may need to gradually reduce the dose taken before stopping completely.

Take this medicine with food to prevent stomach upset.

## What should I do if I FORGET a dose?

If you miss a dose, take it as soon as you remember. However, if it is almost time for the next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose to make up for the missed dose.

Discard all medication that has expired or is no longer required

## What are the possible SIDE-EFFECTS of the medicine?

Consult your doctor as soon as possible if you have any of these side-effects:

- Bloody or black, tarry stools
- Blurred vision
- Increased urination or thirst
- Muscle weakness or cramps
- Severe stomach pain

If you have problems with these less serious side-effects, talk with your doctor:

- Confusion, depression or mood changes
- Fluid retention, weight gain
- Fullness or roundness of face
- Nausea, vomiting, indigestion
- Easy bruising

## What PRECAUTIONS should I take?

Before you take any corticosteroids, please read the following. If your answer is 'YES' to any of these questions, you MUST inform your doctor or pharmacist before taking this medicine.

- Are you pregnant or trying to become pregnant?
- Are you breast-feeding?
- Are you allergic to any medications?
- Are you being treated for any kind of infection at the moment?
- Have you ever been treated for tuberculosis?
- Do you have epilepsy?
- Do you, or anyone in your family, have diabetes?

Keep all medication out of reach of children