

## Prednisolone

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### About This Medicine

Prednisolone is a steroid that may be used to treat cancer. It is given orally (by mouth).

### Possible Side Effects

- Increased risk for cataracts (clouding of lens in your eye) and/or glaucoma
- Increased sweating
- Stomach ulcers
- Inflammation (swelling) of your pancreas
- Pain in your abdomen and/or bloating (distention)
- Electrolyte changes
- Blood sugar levels may change
- Cushing syndrome. Symptoms may be increased fat around the midsection, upper back, neck, or face, pink or purple stretch marks on the skin, thinning, fragile skin that easily bruises, unexpected hair growth
- Slow wound healing
- Menstrual cycle changes
- Swelling of the hands, feet, or any other part of the body
- Increased risk of infections
- Changes in mood, which may include depression or a feeling of extreme well-being
- Trouble sleeping
- Headache
- Feeling dizzy or a feeling that your environment is spinning
- Seizure. Common symptoms of a seizure can include confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of control of urine and bowels. There are other less common symptoms of seizures. **If you or your family member suspects you are having a seizure, call 911 right away.**
- Muscle loss and/or weakness (lack of muscle strength)
- Increased risk of developing osteoporosis - your bones may become weak and brittle
- Skin changes such as redness, tiny red spots, bruising, and/or skin thinning
- High blood pressure

**Note:** *Not all possible side effects are included above.*

## Warnings and Precautions

- Severe infections, which can be life-threatening.
- Increased risk of developing a hole in your stomach, small, and/or large intestine if you have ulcers in the lining of your stomach and/or intestine, or have diverticulitis, ulcerative colitis and/or other diseases that affect the gastrointestinal tract.
- Effects on the endocrine glands including pituitary, adrenals, and thyroid during or after use of this medicines
- Severe depression and other psychiatric disorders such as mood changes

**Note:** *Some of the side effects above are very rare. If you have concerns and/or questions, please discuss them with your medical team.*

## Important Information

- Talk to your doctor or your nurse before stopping this medicine, it should be stopped gradually. Depending on the dose and length of treatment, you could experience serious side effects if stopped abruptly (suddenly).
- Talk to your doctor before receiving any vaccinations during your treatment. Some vaccinations are not recommended while receiving prednisolone.
- If you are taking immunosuppressant doses of prednisolone, avoid exposure to chicken pox or measles. If you think you have been exposed, contact your physician as soon as possible.
- Prednisolone may cause slow wound healing. If you must have emergency surgery or have an accident that results in a wound, tell the doctor that you are on prednisolone.

## How to Take Your Medicine

- Take the medicine as prescribed by your doctor.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for further instructions. Do not take 2 doses at the same time or extra doses.
- **Storage:** Store this medicine as prescribed per the medicine label. Discuss with your nurse or your doctor how to dispose of unused medicine.

## Treating Side Effects

- To decrease the risk of infection, wash your hands regularly.
- Avoid close contact with people who have a cold, the flu, or other infections.
- Take your temperature as your doctor or nurse tells you, and whenever you feel like you may have a fever.
- Drink enough fluids to keep your urine pale yellow.



- To help with nausea, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- To help with muscle weakness, get regular exercise. If you feel too tired to exercise vigorously, try taking a short walk.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.
- Avoid gas-producing foods, such as brussels sprouts, cabbage, cauliflower, carrots, prunes, and apricots.

## Food and Medicine Interactions

- There are no known interactions of prednisolone with food. Ask your doctor about your diet. You may need to lower the amount of salt you eat.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with prednisolone. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- There are known interactions of prednisolone with other medicines and products like aspirin. Ask your doctor what over-the-counter (OTC) medicines you can take for fever, headache, and muscle and joint pain.

## When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness that interferes with your daily activities
- Blurred vision or other changes in eyesight
- Severe mood changes such as depression or unusual thoughts and/or behaviors
- Thoughts of hurting yourself or others, and suicide
- Feeling abnormally well
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness
- A headache that does not go away
- Feeling dizzy or lightheaded
- Symptoms of a seizure such as confusion, blacking out, passing out, loss of hearing or vision, blurred vision, unusual smells or tastes (such as burning rubber), trouble talking, tremors or shaking in parts or all of the body, repeated body movements, tense muscles that do not relax, and loss of



control of urine and bowels. **If you or your family member suspects you are having a seizure, call 911 right away.**

- Trouble breathing
- Feeling that your heart is beating in a fast or not normal way (palpitations)
- Feel irritable, nervous, or restless
- Trouble falling or staying asleep
- Pain in your abdomen or uncomfortable bloating that does not go away
- Pain along the digestive tract, especially if worse after eating
- Blood in your vomit (bright red or coffee-ground) and/or stools (bright red, or black/tarry)
- Coughing up blood
- Nausea that stops you from eating or drinking and/or is not relieved by prescribed medicines
- Throwing up more than 3 times a day
- Severe pain in your abdomen that may spread to your back
- Difficulty swallowing
- Heartburn or indigestion
- Swelling of the hands, feet, or any other part of the body
- Weight gain of 5 pounds in one week (fluid retention)
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Severe muscle weakness
- Any new tiny red spots on the skin or bruising
- Signs of infection: fever or chills, cough, trouble breathing, severe pain in your abdomen, difficulty urinating, burning or pain when you pass urine, redness and/or swelling of the skin
- If you think you may be pregnant

## Reproduction Warnings

- **Pregnancy warning:** It is not known if this medicine may harm an unborn child. For this reason, be sure to talk with your doctor if you are pregnant or planning to become pregnant while receiving this medicine. Let your doctor know right away if you think you may be pregnant.
- In women, menstrual bleeding may become irregular or stop while you are getting this medicine. Do not assume that you cannot become pregnant if you do not have a menstrual period.
- **Breastfeeding warning:** This medicine can pass into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

Revised October 2023

