

CORTICOSTEROID TREATMENT (systemic steroids only)

Please read this information sheet. *If you have any questions, particularly about the treatment or potential side-effects, please ask Professor.*

- Corticosteroids are very helpful but must be used with caution
- Always tell an attending doctor or dentist you are on steroids
- Always carry your steroid card
- The steroid dose must usually be increased if you are
 - ill or
 - have an accident, or
 - have an operation
- Adverse effects seen on treatment for over 3 weeks can include
 - Weight gain
 - Hypertension (high blood pressure)
 - Precipitation of diabetes
 - Osteoporosis
 - Mood changes
 - Liability to fungal and viral infection
 - Alternate day dosing reduces the adverse effects of steroids.

This is the **short course** treatment schedule: you will be prescribed 105 **prednisolone 5mg** tablets to cover almost a four week period.

Day	1	3	5	7	9	11	13	15	17	19	21	23	25	27
Number of tablets to take after breakfast	12	12	12	9	9	9	9	6	6	6	6	3	3	3
Steroid dose In mg over 2 days	60	60	60	45	45	45	45	30	30	30	30	15	15	15

A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept. 19.2.99. HSC 1999/031)

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