

# Dartmouth-Hitchcock Inflammatory Bowel Disease Center

## Medication Information Sheet for Prednisone

**Brand Names:** Solu-Medrol, Medrol, Deltasone, Orasone

**Generic Names:** Methylprednisone and prednisone

**Drug Class:** Corticosteroids

### What do these medications do?

Used for the long-term treatment of inflammatory bowel disease by inhibiting (suppressing) the activity of the immune system. These related medications work by decreasing inflammation.

**Possible Side Effects:** Chances of side effects increase with long-term use:

- Striae (stretch marks)
- Acne
- Hirsutism (hair growth)
- Glucose intolerance (diabetes like condition)
- Osteoporosis
- Hypertension
- Masking of infections or intestinal perforation
- Peptic ulcer disease
- Edema (swelling of the feet or ankles)
- Cushingoid appearance (moonface and buffalo hump)
- Mood disturbances
- Sleep disturbances
- Weight gain

**Never stop these medications abruptly!** Your doctor will discuss how to gradually taper your doses over many days. This will prevent a serious side effect known as adrenal crisis, which can occur when the adrenal glands (on top of your kidneys) stop producing cortisol while you are on these medications.

### Call you doctor *immediately* if you have any of these side effects:

- Fever or other signs of infection
- Nausea and vomiting
- Euphoria (feeling elated)
- Psychosis (mood swings – Depression)

### Dosage and Administration:

Taper

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These medications should be taken with food

- If you miss a dose, take it as soon as you remember
- Please notify us if you take any of these medications:
  - Digoxin
  - Estrogen replacement or Oral contraceptives
  - Cyclosporin
  - Methotrexate
  - Anticoagulants (Coumadin, Heparin, Lovenox, Plavix, Aspirin)
  - Anticonvulsants (Phenobarbitol, Phenytoin, Carbamazepine)
  - Diuretics (Spironolactone, Hydrochlorothiazide, Furosemide, Lasix)
  - Antiinfectives (Rifampin, Troleandomycin)
  - Antifungals (Ketoconazole)