

# Prednisone for Glomerulonephritis

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## What is prednisone (pred' ni sone)?

- Prednisone is a type of medication known as a corticosteroid. It is used to lower inflammation (swelling). This medication also works by lowering your body's harmful response to immune system diseases like glomerulonephritis. This medication is used to control your disease. It is often used while taking other immunosuppressant medications.

## How do I take prednisone?

- Prednisone comes in a tablet (pill) form.
- There are different strengths available (1 mg, 5 mg, 50 mg). You may need a combination of different strengths to make up your dose.
- Take your dose orally (by mouth) once a day, in the morning.
- Take your dose with food to prevent nausea (feeling sick to your stomach).
- Your starting dose is based on your weight and the status of your disease. If your dose is being slowly lowered, you will be given a schedule.

- **Do not suddenly stop taking prednisone.** This can lead to serious side effects. If your health care team decides that you should stop taking prednisone, they will lower your dose slowly over time.

## **What if I miss a dose?**

- If you miss a dose, take it as soon as you remember.
- If it is almost time to take your next dose, skip the missed dose and take the next dose at the regular time.
- **Do not take a double dose of medication.** This could lead to more side effects.

## **How will I know if the medication is working?**

- You will have regular blood tests while taking this medication. This is to check how your body responds to prednisone. This will help your health care team know what dose you should get. This will also help to lower any side effects.

## What are the possible side effects?

- Common side effects of prednisone include:
  - › Nausea (it may help to take it with food)
  - › Feeling more hungry
  - › Weight gain
  - › Rounding or puffiness of the face
  - › Mood swings
  - › Swelling (including ankles)
  - › Higher blood pressure
  - › Increase in blood sugar
  - › Trouble sleeping (it may help to take it in the morning)

These side effects often get better if your health care team helps you to slowly lower your dose over time. If you keep having these side effects or if they bother you, talk to your health care team. They may need to change other prescription medications you are taking.

- Less common side effects include:
  - › Slow wound healing
  - › Electrolyte imbalance (changes in your salt and mineral balance)
  - › Bruising easily
  - › Stretch marks (skin gets thinner)

- Rare side effects include:
  - › Stomach ulcers (sores in your stomach lining) with possible bleeding. Your health care team may prescribe a medication to protect your stomach from ulcers.
  - › Cataracts or glaucoma (eye diseases that affect your vision)
  - › Weak bones. Your health care team may prescribe a medication for bone health.
- You are at a higher risk of side effects if you take a higher dose of prednisone or take it for a long time.
- Prednisone may increase your risk of getting an infection. Wash your hands often and avoid close contact with anyone who may be sick.
  - › **If you are not feeling well** (like a bad sore throat or cough, pain when you pee) **and you have a fever** (temperature above 38 °C or 100.4 °F) **or chills, tell your health care team right away.**

## **Is prednisone safe during pregnancy and breastfeeding?**

- Talk with your health care team about the risks and benefits before taking prednisone if you are pregnant or breastfeeding.

## **How do I store this medication?**

- Make sure to store prednisone in a dry place at room temperature away from sunlight.
- **Do not store prednisone in the bathroom.**
- Keep out of reach of children and pets.

## **What else do I need to know?**

- Prednisone can interact with (affect) some medications. It is important you talk with your health care team before starting any new medications, including over-the-counter medications, supplements, and natural products.
- Talk to your health care team about when to get certain vaccines while taking prednisone. Ask if there are any vaccines you should get to protect you while taking this medication.

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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