



Temple Street

CHILDREN'S UNIVERSITY HOSPITAL

## Prednisolone

# Information for Parents/Carers



St Michael's C Ward

01 878 4258

01 878 4431

Main Hospital Number

01 878 4200

## What is Prednisolone?

Prednisolone is a steroid medication prescribed for many different conditions such as: nephrotic syndrome, nephritic disorders, some cases of chronic renal failure, after an organ transplant, respiratory illnesses, and auto immune disorders.

Prednisolone is an effective way to treat various illnesses involving inflammation in the body. It reduces inflammation, this prevents your child's condition from becoming worse.

Prednisolone needs to be taken regularly to get maximum benefits. It is very important to take it exactly as prescribed.

## How is Prednisolone supplied?

Prednisolone comes in different forms:

- Dissolvable 5mg tablets.
- Enteric Coated tablets in 2.5mg or 5mg.
- Regular 5mg tablets.

Your child will be prescribed only one of these types of steroid. Your doctor or nurse will explain this to you before your child is discharged home.

## How should Prednisolone be stored?

Make sure prednisolone is locked safely away and out of the reach of children. You should always follow the manufacturer's instructions.

## How should Prednisolone be given?

It is important that your child takes prednisolone exactly as prescribed by their doctor. Ideally it should be given in the morning but this is not always possible.

**Tablets** - can be taken with fluids.

It is advisable to give prednisolone tablets along with food

**Dissolvable** - can be mixed with water until dissolved.  
It will be pink in colour.

It is advisable to give prednisolone tablets along with food

## How much prednisolone should my child get?

It is vitally important to give the correct dose. Your child's doctor will prescribe the recommend course of prednisolone and explain it to you.

Prednisolone may be a short term treatment or your child may need it for a long time. If you are unsure of how much your child should be given, please contact your renal doctor or nurse.

## What happens if my child misses a dose?

Give your child the missed dose as soon as you remember. Skip the missed dose if it is almost time for your child's next dose. Do not give extra medication to make up for the missed dose. Contact the Renal Clinic or St Michael's's C Ward for advice.

## What happens if I give my child too much?

Seek medical attention. Symptoms may include mild to severe forms of the side effects listed.

## What do I do if my child vomits after taking Prednisolone?

If your child vomits within half an hour of giving the medication it may not be absorbed. Repeat the dose and give the next dose at the normal time. If your child is generally unwell or has vomiting or diarrhoea, please contact your renal nurse or doctor as they can give you advice.

## Prednisolone side effects?

There are many positive and potential unwanted side effects to all medications. Many of the negative side effects occur in only a few children. It is not possible to predict which children will suffer from which side effects. Unwanted side effects are often temporary and when reported to the team can be improved by changing your child's medication routine.

For the purpose of this leaflet, only the commonly seen side effects will be discussed.

Side effects of prednisolone can include:

- Increase in appetite and fluid retention leading to weight gain and /or high blood pressure
- Puffy face
- Heart burn
- Acne / increase risk of infection
- Increase hair growth
- Growth problems including bone thinning
- Mood changes and behavioural problems
- Sleep disturbance (rare)

Side effects normally decrease as the drug is reduced. We will give you a card explaining that your child is taking steroids. It is important to carry this card at all times, as it may affect any treatment or medicines your child needs, perhaps in an emergency.

### Other important information about Prednisolone

Prednisolone plays an important role in reducing inflammation and immune reaction. Prednisolone inhibits inflammation which would otherwise make your child's condition worse. However, it may cause some side effects if taken for a long time.

Prednisolone has many side effects if taken every day for a long time. However, our goal is to treat your child with a short course of daily prednisolone and then, change to every other day. This eliminates most of the side effects.

It is advisable for your child to see their doctor immediately if they become ill. Always explain they are taking Prednisolone when you make an appointment.

### Further Information

We hope this information leaflet will help you understand more about Prednisolone. However, it is important to raise any concerns or questions with your child's Renal Consultant or Renal Nurse or contact the Renal Clinic or St Michaels's C Ward.

Always read the information leaflet supplied with your child's medicine, the information in this leaflet does not replace it.

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*The information contained in this leaflet is correct at time of print*