

Prednisone, Prednisolone

(PRED-ni-sone, pred-NIS-oh-lone)



Asthma Education Clinic
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What is prednisone, prednisolone?

Prednisone (brand name is Apo-prednisone®, other) and prednisolone (brand name is Pediapred®, PMS-prednisolone®) are corticosteroids. They are commonly called “steroids”. They have a number of different uses including asthma.

Prednisone and prednisolone may be used to treat a severe asthma attack. Sometimes the swelling in children’s airways is severe because of infections or other reasons. Prednisone or prednisolone is used to quickly reduce swelling, redness, and mucus in the airways.

Prednisone is available as a tablet or liquid. Prednisolone is available as a liquid. Oral steroids are more powerful than inhaled steroids. They are preferably used only for a short time, usually 3-5 days.

Special instructions

- ▶ Doses vary with each child and can only be prescribed by your child’s doctor. Give this medicine only as prescribed by your child’s doctor.
- ▶ Never give your child steroids without first talking to your child’s doctor.
- ▶ Never stop giving your child steroids without first asking your child’s doctor.
- ▶ Give the tablets or liquid with food to help reduce stomach upset.
- ▶ If your child is going to have surgery or other stressful situations while on steroids, talk to your child’s doctor.
- ▶ Store the medicine according to the instructions on the bottle/package.
- ▶ Do not use after the expiration date on the bottle/package.
- ▶ Keep this medicine out of the reach of children.

If you miss a dose

- ▶ If you miss a dose or forget to give this medicine, give it as soon as you remember unless it is almost time for the next dose, then skip the missed dose. Do not give extra medicine to make up for the missed dose. If you are unsure what to do about a missed dose, contact your doctor or pharmacist.
- ▶ If your child vomits within 30 minutes of taking the medicine, you should repeat the dose because the medication was not absorbed by the body.
- ▶ If your child is old enough to swallow pills, ask your child’s doctor if the dose can be given as a tablet. Some children describe the liquid as “yucky”.

Side effects

Call your child’s doctor if the following effects continue or are bothersome:

- ▶ increased hunger
- ▶ moodiness/mood swings
- ▶ stomach pain
- ▶ upset stomach or vomiting
- ▶ acne

Warning signs

Call your child’s doctor immediately if your child has any of the following:

- ▶ black, tar-like bowel movements
 - ▶ vomiting of blood
 - ▶ irregular heart beat
 - ▶ dizziness
 - ▶ severe headache
 - ▶ blurred vision
 - ▶ swelling of feet and/or hands
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Additional Information

Your child may be at an increased risk for infection while taking prednisone or prednisolone.

Call your child's doctor if your child develops signs of an infection. These include:

- ▶ sores that don't heal or are painful and/or red
- ▶ fever
- ▶ nausea
- ▶ vomiting
- ▶ fatigue
- ▶ diarrhea
- ▶ sore throat.

You should notice an improvement in your child's asthma symptoms while receiving prednisone or prednisolone. If your child's asthma symptoms do not improve or get worse, contact your child's doctor.

Contact us

If you need any additional information about this medicine or your child's asthma, call the Asthma Educators at BC Children's Hospital at 604-875-2345 local 7461.

This resource was created for British Columbia's Children's Hospital (BCCH) with references from:

Cincinnati Children's Hospital Medical Center
www.cincinnatichildrens.org

Canadian Lung Association at www.lung.ca

Children's Hospital Education Centre,
Winnipeg, Manitoba at www.wch.ca

For more information on asthma, contact the BC Children's Hospital Family Resource Library at:

Tel: (604) 875-2345 Local 5102

Out of Vancouver: 1-800-331-1533 local 2

Fax: (604) 875-3455

Email: famreslib@cw.bc.ca

www.bcchildrens.ca/frl

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