



The Washington University Inflammatory Bowel Disease Clinic 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 your 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)

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 (Phenobarbital, Phenytoin, Carbamazepine)
 - Diuretics (Spironolactone, Hydrochlorothiazide, Furosemide, Lasix)
 - Antiinfectives (Rifampin, Troleandomycin)
 - Antifungals (Ketoconazole)