

Prednisone



What this medication is used for

Widely used for children and adults with Crohn's disease or ulcerative colitis.



Health Canada also approved for Crohn's disease and ulcerative colitis in adults.



How this medication works

Prednisone works by reducing inflammation in many different ways. It is very similar to a natural hormone in your body, cortisol.



How to use this medication

Available as a tablet and liquid

The benefits of this medication can usually be felt in 1 or 2 days, but it can also take a little longer in others. Keep taking your medication.

After a few days, the dose will be gradually decreased, every 5-7 days or so, before being stopped.



Where treatment is administered

Fill your prescription at your pharmacy.



How long to use this medication

This medication may be used to get your IBD under control. It will not be used to keep it under control long-term, but may be restarted in case of a flare-up of your IBD.



Monitoring during treatment

Regular blood tests, stool tests, endoscopy and/or other imaging will be done to monitor for response and side effects to medications.



Side Effects

- Heartburn (should be taken with a meal)
- Insomnia (should be taken in the morning)
- Mood swings

- Higher appetite than usual
- Higher energy than usual
- High blood sugar
- High blood pressure
- Risk of infection
- Weight gain
- Acne
- Faster facial and body hair growth

The majority of these side effects, including weight gain, are reversible upon lowering or stopping prednisone.

The following side effects mostly happen in those taking prednisone often and/or for a long time :

- Low cortisol blood levels
- Bone and eye disorders
- Slower growth in children
- Slower wound healing



When I should call my doctor

Please call if:

- You want to or have already stopped the medicine
- If you are concerned about any side effects
- Worsening IBD symptoms such as blood in the stool, diarrhea and/or abdominal pain
- If you become pregnant



Vaccines



Live vaccines
- Not Safe



Inactivated vaccines
- Safe