

Prednisone for Organ Transplants

(pred-ni-zone)

Brand names:

Apo-prednisone®, Novo-Prednisone, Winpred™

What it does

- helps prevent or treat inflammation
- a type of corticosteroid
- usually given with other anti-rejection medications

How to take

- Take exactly as directed.
- The dose of this medication can change often. Always take the dose ordered for you.
- Take this medication with food or a glass of milk to stop an upset stomach.
- If you take this medication every 24 hours, take it in the morning.
- Swallow the pill whole. Do not crush, break, or chew the pill.

What to watch for

Most side effects either go away with time or when the dose is reduced.

Get your blood checked as directed.

What to watch for

Tell your transplant team if any of these side effects bother you or do not go away:

- upset stomach and/or throwing up
- headaches
- swelling of the hands, feet, ankles, or lower legs
- more hungry than normal for you
- hair growth
- pimples (acne)
- high blood sugar
- stomach (belly) pain
- gain weight
- swinging from feeling happy to feeling angry or sad
- weak muscles

While the following side effects do not happen very often, if they do, it can be serious.

Call your doctor right away if you have:

- rash, hives or skin blisters
- mouth sores, swelling of the mouth, face, lips, tongue, or throat
- very hoarse voice or sore throat
- fever over 38°C (100.5°F)
- trouble breathing
- very upset stomach or throwing up
- gain a large amount of weight in a short time
- sudden new hip pain
- pain passing urine (going 'pee')
- feeling confused

Prednisone for Organ Transplants - *continued*

Late or missed dose

Missed doses can increase your chances of your body rejecting your transplanted organ.

If you miss a dose and it is **less than half the time** before you must take your next dose:

- Take the missed dose when you remember.
- Then take your next dose on schedule.

If you miss a dose and it is **more than half the time** before you must take your next dose:

- Skip the missed dose.
- Then take your next dose on schedule.

Example:

If you take this medication every 24 hours and you remember to take your medication within 12 hours of the time you were to take it, take the missed dose.

If it is more than 12 hours after the time you were to take it, skip that dose. Wait and take your next dose as scheduled.

Never take 2 doses at the same time or take any extra doses as a way of making up for a missed dose.

Keep track of the doses you miss. Note when how many were missed and when. Give this to us at your next Transplant Clinic visit or next visit to your doctor.

Questions?

Call the Transplant Clinic at 604-592-0922

Other notes

- Store this medication in dry place at room temperature.
- Weigh yourself every day at the same time. Keep a record of your weight.
- Do not drink beer, wine, or other alcohol drinks.
- If you take antacids, take them 2 hours before or 4 hours after taking this medication.
- If you find your stomach is upset:
 - Eat smaller meals more often during the day rather than just three meals a day.
 - Suck on hard, sugar-free candy or chew sugar-free gum.
- Taking this medication can give you bone problems. Talk to the transplant team about ways to keep your bones healthy.
- Let your doctor know if you have not had the chicken pox vaccine or have not had chicken pox. Stay away from anyone with chicken pox.
- Protect yourself from infection. Wash your hands often. Try to stay away from people who have a cold, the flu, or other infections.
- Always check with the Transplant Clinic team before:
 - Taking any new medications, over-the-counter medicines, vitamins, natural health or herbal products.
 - Getting any vaccinations.
- If you are a woman and could get pregnant, talk to your doctor about getting pregnant and breastfeeding.