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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Steroids: Low Dose Therapy

Rheumatology Department

Steroids: Low Dose Therapy

STERIODS (glucocorticoids) are substances naturally produced by the body and are important for a number of normal functions, such as response to stress and maintenance of blood pressure. 'Steroids' should not be confused with 'anabolic' steroids which are sometimes misused by body-builders to promote muscle building. Steroids can also be given as medicine to reduce inflammation. Low dose steroids (i.e. Prednisolone 7.5mg daily or less) have been prescribed for you to reduce the symptoms of pain and stiffness associated with your inflammatory arthritis. There is evidence that low dose steroids can not only relieve symptoms but can slow down or even prevent joint damage in inflammatory arthritis.

TABLET FORMS

Prednisolone tablets come in 2 forms, coated and uncoated, and in 3 strengths: 1mg (white tablets), 2.5mg (brown coated tablets), and 5mg (red coated or white tablets).

HOW DO I TAKE PREDNISOLONE?

Take the prescribed tablets daily in a single dose at any time.

ARE THERE ANY SIDE EFFECTS?

Steroids may give side effects though this is more common if taken in higher doses (above 7.5mg daily). For many people, lower doses of steroid are very effective in the relief of symptoms without the side effects found with higher doses (such as osteoporosis, weight gain, high blood pressure and easy bruising). Very occasionally a person may be sensitive to the effects of weight gain even with the low dose. If reducing your food intake does not control this, consult your Rheumatologist Doctor or Specialist Nurse.

IMPORTANT INFORMATION

- *You should never stop taking Prednisolone tablets suddenly. The dose should be reduced gradually; if you stop suddenly you can become ill.*
- *If you are ill and being sick for more than 24 hours and are unable to take the tablets, contact your GP or the Rheumatology Advice Line*
- *Always carry your blue Steroid Card (if you have one) which carries details of your dose*

WHAT IF I MISS A DOSE?

If you forget to take a tablet, take it as soon as you remember then continue as before. Do not 'double-up' on the dose.

CAN I TAKE OTHER DRUGS WHILE I AM ON STEROIDS?

Yes. Low dose steroids are often prescribed in addition to other tablets to control symptoms of arthritis. Tablets given for other conditions will not react badly with low dose steroids.

WHAT ABOUT HAVING VACCINATIONS, DENTAL TREATMENT OR BEING IN CONTACT WITH INFECTIONS?

Low dose steroids will have no effect on any of the above.

WHAT ABOUT INCREASING MY DOSE?

Do not do this to control symptoms of arthritis unless advised to do so by your Rheumatologist Doctor or Specialist Nurse. Higher dose steroids for arthritis could cause you unnecessary side effects.

HOW LONG WILL I NEED TO TAKE STEROIDS FOR?

Low dose steroids may be given for a trial period, as advised by your doctor. Treatment may then be continued if they prove to be effective. It is to be expected that low dose steroids will relieve symptoms quickly. If they have not worked within a few weeks your Rheumatologist may suggest an alternative treatment.

If you have any further questions about this drug or any aspect of your care, please ring the Rheumatology Advice Line 01932 722703

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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