

Prednisone Treatment Plan

Background

- Before taking prednisone, tell your doctor if you have diabetes, glaucoma, gastrointestinal ulcers or a psychiatric illness.
- Take this medication exactly as prescribed. Do NOT stop prednisone suddenly without tapering the dose or discussing with your doctor.

General Use Instructions

- Always take prednisone pills in the morning.
- Avoid concurrent treatment with aspirin and NSAIDS (e.g. ibuprofen, Advil, Aleve) unless instructed by your doctor.
- Supplement with Vitamin D 800 IU daily and Calcium 1200mg daily.

Dosing Instructions -- Prednisone (20mg tablets)

- 3 pills (60mg) by mouth each morning for 7 days
- 2 pills (40mg) by mouth each morning for 7 days
- 1 pill (20mg) by mouth each morning for 7 days
- Stop