





ADULT

PREDNISOLONE

This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	<p>Tablet: 1mg, 5mg, 25mg Oral liquid: 5mg/mL</p> <p>Combination products: Suppository: Prednisolone 1.3mg with Cinchocaine 1mg Ointment: Prednisolone 1.9mg/g with Cinchocaine 5mg/g</p>
Dose	<p><u>Autoimmune or inflammatory disease</u></p> <p>Oral: Initially 5–60 mg once daily depending on the disease and its severity (may need to be given in 2 doses initially for severe disease). Taper dose according to response. Usual maintenance dose 2.5–15 mg once daily.</p> <p><u>Acute asthma</u></p> <p>Oral: 40–50 mg once daily for 5–10 days.</p> <p><u>COPD exacerbation</u></p> <p>Oral: 40–50 mg once daily for 5–14 days</p> <p><u>Acute gout</u></p> <p>Oral: 20–50 mg once daily for 3–5 days.</p> <p><u>Haemorrhoids</u> Refer to Bowel Care</p> <p><u>Postpartum Management of HELLP Syndrome</u> Seek specialist advice.</p>

	<p><u>Refractory hyperemesis gravidarum</u></p> <p>Seek specialist advice. Refer to Australian Prescriber article and Pregnancy: First Trimester</p>
Administration	<p><u>Oral</u></p> <p>Take with or soon after food in the morning. If used long-term, do not stop taking abruptly; taper dose before ceasing.</p>
Pregnancy	<p>1st Trimester: Consider alternative</p> <p>2nd Trimester: Considered safe to use</p> <p>3rd Trimester: Considered safe to use</p>
Breastfeeding	Considered safe to use
Monitoring	<p>Measure blood glucose, electrolytes, lipids, weight and BP at baseline, then monitor regularly during treatment.</p> <p>Watch for signs/symptoms of infection, however, these may be masked.</p> <p>Monitor for cataracts and glaucoma in patients on long-term corticosteroids.</p> <p>Chronic use of corticosteroids can cause adrenal suppression; consider need for withdrawing treatment gradually as abrupt withdrawal can result in adrenal crisis.</p>
Clinical Guidelines and Policies	<p>Antenatal use of corticosteroids</p> <p>Hypertension in Pregnancy: Medical Management</p> <p>Minor symptoms or disorders in pregnancy</p> <p>Corticosteroids: Management of Diabetes in Pregnancy</p> <p>Pregnancy: First Trimester</p> <p>Bowel Care</p> <p>Patient Brochure: Morning Sickness</p> <p>Patient Booklet: Pregnancy, Birth and Your Baby</p> <p>Syphilis in Pregnancy and the Newborn</p>
References	<p>Australian Medicines Handbook. Prednisolone/prednisone. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 Nov 24]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Prednisone/prednisolone. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 Nov 24]. Available from: https://thewomenspbmg.org.au/</p> <p>Taylor T. Treatment of nausea and vomiting in pregnancy. Australian Prescriber. 2014 Apr 01; 37(2): 42-5. Available from: https://www.nps.org.au/australian-prescriber/</p>

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