



### **Prednisolone Regime:**

Prednisolone is used as a transitional treatment for severe headache exacerbations. The dose has to be reduced gradually as given below before it is stopped. **Prednisolone should only be used when sanctioned by the medical team looking after you. We strongly advise patients to limit the courses of corticosteroids to a maximum of two per annum.** If you start to get any side effects please let your General Practitioner or Neurologist know as soon as possible.

#### **Morning**

For 5 days take:	<b>60 mg</b>
For 3 days take:	<b>50 mg</b>
For 3 days take:	<b>40 mg</b>
For 3 days take:	<b>30 mg</b>
For 3 days take:	<b>20 mg</b>
For 3 days take:	<b>10 mg</b>

### **Side-effects:**

As with all medications, there are potential side effects in a small number of patients. The most often reported effects are: gastrointestinal upset, peptic ulcer, propensity for infections, insomnia, and cognitive dysfunction. A rare side effect is aseptic necrosis of femoral and humeral head, which can occur with prolonged courses of corticosteroids. Patients who are diabetic often report worsening of the diabetic control whilst on corticosteroids

### **Special note:**

To help prevent the gastrointestinal symptoms and protect your stomach, you should start an additional medication called Lansoprazole 30mgs once daily.

### **Pregnancy and Breast feeding :**

Women of childbearing age should take adequate contraceptive precautions. Higher doses of the oral contraceptive pill are required whilst taking Prednisolone. Women taking the oral contraceptive pill should discuss the dose with their GP.

This leaflet should be read in conjunction with the product characteristic leaflet that can be found inside all boxes of medication. The use of any medicine is based on considerations of how benefits outweigh potential side effects. **Your prescribing doctor will discuss the risks and benefits of the medication as it relates to you and answer any further questions you may have.**