

Patient Information Sheet

Non-systemic corticosteroids (Budesonide-MMX) for Inflammatory Bowel Disease (brand name = Cortiment®)

What is Budesonide?

Budesonide belongs to a class of medicines known as corticosteroids (more commonly called 'steroids'). Steroids occur naturally in the body and are needed in low amounts for healthy functioning. When taken as medication, a steroid can reduce the inflammation in the lining of the intestine. The most common corticosteroid is Prednisone, which is systemic – it can affect the entire body. Budesonide is similar to Prednisone, but delivers the medicine to the intestines specifically, and therefore has fewer known side effects.

What is Budesonide-MMX (Cortiment®)?

Budesonide-MMX (Cortiment®) contains Budesonide as an active ingredient, but has a special mechanism (called multimatrix or MMX for short) that releases the drug in a controlled manner along the colon (large intestine). Budesonide is also the active ingredient in another steroid called Entocort®. **Entocort® does not have MMX and is not the same medication as Cortiment®.**

When is Budesonide-MMX used?

Budesonide-MMX is used to help achieve remission in people with **ulcerative Colitis (UC)** that is mildly or moderately active. It is used when other medications, such as 5-ASA, have not been effective in reducing the signs and symptoms of bowel inflammation. Additionally, people with ulcerative colitis may use Budesonide-MMX as an alternative to Prednisone because it is almost as effective but has lower risk of side effects. Additionally, budesonide-MMX is sometimes used for Crohn's disease (CD) of the colon.

Who should not take Budesonide-MMX?

Budesonide-MMX should not be taken by children, breastfeeding women, or those with allergies to:

(1) Peanut oil, peanuts, soy (2) Any medicine containing budesonide (3) Any ingredients contained in the budesonide tablets
This list is not comprehensive. There may be other reasons why you should not take budesonide-MMX. If you are not sure whether you should be taking this medicine, talk to your doctor.

How is Budesonide-MMX given?

Budesonide-MMX is given as a coated capsule, to be swallowed whole (not crushed, chewed, or divided, as this could hinder the release mechanism in the coating). Take one tablet (9 mg) once daily, with or without food for 8 weeks, then discontinue unless otherwise directed. This medication does not require you to taper down the dose over a period of time before stopping. Steroids are meant to only be used for short periods of time in patients with bowel inflammation.

What are the side effects of Budesonide-MMX?

Based on what is currently known, budesonide-MMX has the same adverse effects as Prednisone*, but because 90% is broken down in the liver, the risk of these side effects are lessened. Consult your Medicine Leaflet for a full list of known side effects.

*Side effects of Prednisone

Possible side effects: mood changes, facial puffiness, hair growth, increased pressure in the eyes (glaucoma), haziness of the lens of the eyes (cataracts), high blood pressure, high blood sugar (diabetes), abdominal pain due to ulcers in the stomach or duodenum, an increased risk of infections, danger of low blood pressure if the medication is abruptly stopped, osteoporosis, and bone pain due to reduced blood supply in the bones (avascular necrosis).

Should I be doing anything to protect my bone health while on steroids?

Yes. Vitamin D deficiency can affect the mineral density of your bones, and is more likely for those with IBD, and those taking steroids. For these reasons, your doctor should regularly monitor your vitamin D levels, and you should be taking vitamin D and calcium supplements on a daily basis while taking steroids.