

Patient Information Sheet

Patient Instructions for Budesonide Tapering

1. Please read the patient information sheet on budesonide before you begin taking your medicine.
2. Commence budesonide at 9 mg (3mg/tablet = **3 tablets**) per day for 1 full month.
3. Mark on the calendar the day you start taking your budesonide.
4. One month after you began taking budesonide, begin the tapering process by reducing the dosage by 3 mg or 1 tablet each month. Take the tablets as per the schedule below:
 - ⇒ 6 mg (2 tablets) daily for 1 month
 - ⇒ 3 mg (1 tablet) daily for 1 month
 - ⇒ tapering process completed
5. If your disease flares during the tapering, stay at that dose for 1 extra week and then continue the tapering schedule. If the flare does not improve or reoccurs, call your IBD health practitioner promptly.
6. Until you are completely off budesonide, avoid strenuous activity.
7. As you come off the budesonide, you may experience withdrawal symptoms, such as fatigue, muscle pain, restlessness, and sometimes stomach cramps and diarrhea.
8. Inform your IBD health practitioner of any withdrawal side effects that you cannot tolerate. The dose of the budesonide may need to be adjusted.

