

Patient Information Sheet

Patient Instructions for Prednisone Tapering

1. Please read the patient information sheet on Prednisone before you begin taking your medicine.
2. Commence Prednisone at 40 mg (5mg/tablet = **8 tablets**) per day for 1 full week (7 days).
3. Mark on the calendar the day you start taking your Prednisone.
4. On the seventh (7th) day after you began taking Prednisone, begin the tapering process by reducing the dosage by 5 mg or 1 tablet each week. Take the tablets as per the schedule below:
 - ⇒ 35 mg (7 tablets) daily for 1 week
 - ⇒ 30 mg (6 tablets) daily for 1 week
 - ⇒ 25 mg (5 tablets) daily for 1 week
 - ⇒ 20 mg (4 tablets) daily for 1 week
5. Once you reach 20 mg of Prednisone, you will need to use a sharp knife to cut the tablets in half. Please follow the schedule below:
 - ⇒ 17.5 mg (3 ½ tablets) daily for 1 week
 - ⇒ 15 mg (3 tablets) daily for 1 week
 - ⇒ 12.5 mg (2 ½ tablets) daily for 1 week
 - ⇒ 10 mg (2 tablets) daily for 1 week
 - ⇒ 7.5 mg (1 ½ tablets) daily for 1 week
 - ⇒ 5 mg (1 tablets) daily for 1 week
 - ⇒ 2.5 mg (½ tablet) daily for 1 week
 - ⇒ tapering process completed
6. 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.
7. Until you are completely off Prednisone, avoid strenuous activity.
8. As you come off the Prednisone, you may experience withdrawal symptoms, such as fatigue, muscle pain, restlessness, and sometimes stomach cramps and diarrhea.
9. Inform your IBD health practitioner of any withdrawal side effects that you cannot tolerate. The dose of the Prednisone may need to be adjusted.