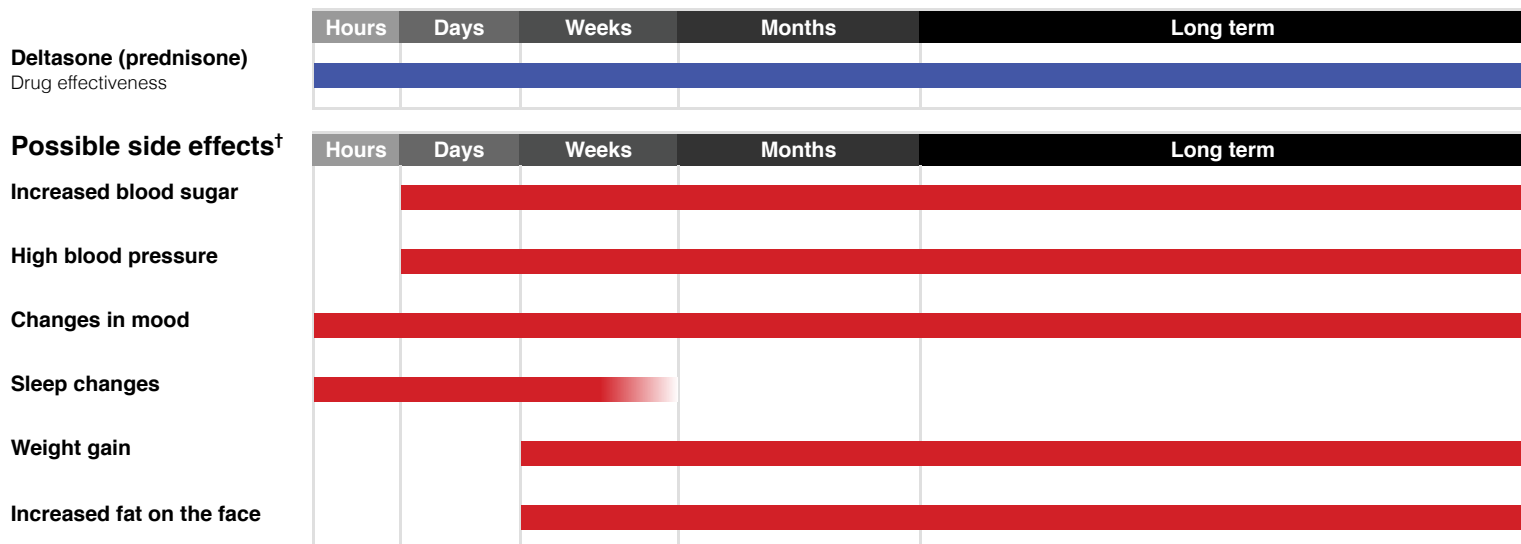


# Deltasone (prednisone) basics

**Calms down your immune system.** Deltasone (prednisone) is effective for controlling allergic reactions and conditions involving an overactive immune system. It can quickly make you feel better, but Deltasone (prednisone) can cause serious complications and side effects if taken for a long time.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

## Tips from pharmacists

- Deltasone (prednisone) can cause upset stomach and may disrupt normal sleep and is recommended to be taken in the morning with food. For an evening dose, it is best to take the medicine at least 2 to 3 hours before bedtime.
- Deltasone (prednisone) can increase your appetite, make your body retain more water, and cause changes to your mood.
- Deltasone (prednisone) can increase your blood pressure and blood sugar. If you have high blood pressure or diabetes, it is important that you check your blood pressure and blood sugar regularly while taking this medicine.
- If you need to take Deltasone (prednisone) for longer than 2 weeks, you may need to gradually lower your dose when stopping. Take it exactly as your doctor has prescribed.
- Deltasone (prednisone) can increase your chances of getting an infection. Call your doctor right away if you have a fever, chills, flu-like symptoms, cough, pain with passing urine, or a wound that will not heal.

## Risks and warnings

Contact your doctor if you experience any of these.

### Physical Dependence

If you've been taking Deltasone (prednisone) for longer than 2 weeks, it may be dangerous to stop taking it suddenly. Your dose may need to be decreased gradually over time. Talk to your doctor or pharmacist if you have concerns when stopping this medication.

### Increased risk for infections

Taking Deltasone (prednisone) for a long time can increase your risk of getting infections and mask some signs of infection. Be careful not to be in contact with anyone who has chicken pox or measles. If you had tuberculosis (TB) in the past, your doctor will need to monitor you while taking Deltasone (prednisone). You may or may not need to take medicine for TB to prevent or treat it. Also, talk to your doctor first before getting any types of vaccines because they might not work as well or they may increase your chances of getting an infection.

### Eye problems

Long-term use of Deltasone (prednisone) leads to a higher risk of cataracts, glaucoma, and certain eye infections. Don't take Deltasone (prednisone) if you have herpes simplex of the eye. Let your doctor know if you experience blurry vision, eye pain or any vision changes. If you are on the medicine for a long time, you may need to get regular eye exams.