

Prednisone Instructions for patients with Ulcerative Colitis or Crohns Disease

Prednisone 5mg Tablets

Please pay close attention to the MG on the tablets, Prednisone can be dispensed in either 10mg or 5mg tablets. If they are 10mg tablets you have to cut the tablets in half to get the 5mg dosage that is required.

Week 1	Take 40mg daily for 7 days
Week 2	Take 35mg daily for 7 days
Week 3	Take 30mg daily for 7 days
Week 4	Take 25mg daily for 7 days
Week 5	Take 20mg daily for 7 days
Week 6	Take 15mg daily for 7 days
Week 7	Take 10mg daily for 7 days
Week 8	Take 5mg daily for 7 days

Side Effects of prednisone (partial List): insomnia, headaches, irritability, weight gain, diabetes, osteoporosis with fractures, hip joint destruction, infections (that can be life threatening) and easy bruising.

We recommend that while on prednisone you start taking if you are not already taking Vitamin D 800 every day and Calcium 1200mg every day.