












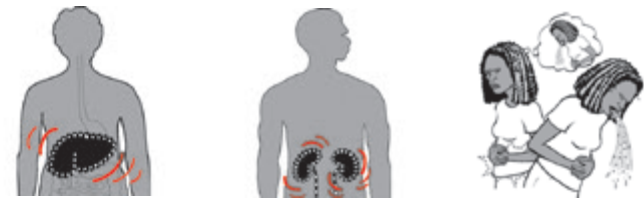









<p>Active ingredients (generic names)</p>	<p>DEXAMETHASONE (deks-a-meth-a-son) Common brands include: <i>Dexamethsone</i></p> <p>HYDROCORTISONE (hy-dro-cor-ti-zone) Common brands include: <i>Solu-Cortef</i></p> <p>PREDNISOLONE (pred-nis-o-lone) Common brands include: <i>Panafcortelone, Predmix</i></p>  <p>Other corticosteroids Not included in this monograph — see <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Betamethasone • Cortisone • Methylprednisolone • Prednisone • Triamcinolone
<p>What it is used for</p>	<ul style="list-style-type: none"> • Asthma or chronic lung disease <ul style="list-style-type: none"> ◦ Hydrocortisone: severe/very severe child asthma (<i>CARPA STM p136</i>), moderate/severe adult asthma (<i>CARPA STM p325</i>), acute COPD (<i>CARPA STM p320</i>) ◦ Prednisolone: mild/moderate child asthma (<i>CARPA STM p135</i>), mild/moderate adult asthma (<i>CARPA STM p324</i>), acute COPD (<i>CARPA STM p320</i>) • Meningitis (dexamethasone)(<i>CARPA STM p102</i>) • Immunosuppressant (eg after kidney transplant) • Other severe inflammatory or immune disorders <p>Doses: Dexamethasone — <i>CARPA STM p439, WBM p379</i> Hydrocortisone — <i>CARPA STM p439, WBM p379</i> Prednisolone — <i>CARPA STM p441, WBM p381</i></p>
<p>How it works</p>	<ul style="list-style-type: none"> • Reduces inflammation by blocking body's natural response to infection or injury
<p>Side effects</p>	<ul style="list-style-type: none"> • Short-term — usually no problems but may affect mood and sleep • Long-term — many side effects including blood glucose disturbance, bone density loss. See <i>AMH</i> for more information

 <p>Warnings</p>	<ul style="list-style-type: none"> Blood glucose levels can increase in people with diabetes Do not use soon after chickenpox, shingles, measles infections <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>Heart trouble</p> </div> <div style="text-align: center;">  <p>Stomach trouble</p> </div> <div style="text-align: center;">  <p>Mental health problems</p> </div> <div style="text-align: center;">  <p>Medical consult if needed for more than a short time</p> </div> </div> <div style="text-align: center; margin-top: 10px;">  <p>High BP</p> </div> <p>Interactions — Do not use together without medical consult</p> <ul style="list-style-type: none"> Corticosteroids interact with a lot of different medicines — always check with doctor or pharmacist before adding another medicine
 <p>Tell the patient</p>	<ul style="list-style-type: none"> If taking for more than 3 weeks — follow instructions for slowly reducing dose If taking for a long time — make sure you tell other doctors and health people that you are taking this medicine May cause thrush <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  <p>Take with food or milk</p> </div> <div style="text-align: center;">  <p>Return to clinic if needed for more than a short time</p> </div> </div> <p>Warning stickers (p298): 9, B, prednisolone also 6 (some oral products)</p>
<p>Check</p>	<ul style="list-style-type: none"> If using for more than 3 months — bone density test for possible damage to bones (steroid-induced osteoporosis) <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  <p>BP</p> </div> <div style="text-align: center;">  <p>Blood test</p> </div> </div> <p>Check kidney function (UEC), BGL before giving medicine, then once a week for first month of treatment</p>

<p>Active ingredients (generic names)</p>	<p>IMMUNOSUPPRESSANTS (imm-u-no-su-press-ants)</p>  <p>Immunosuppressants include</p> <ul style="list-style-type: none"> • Corticosteroids (eg dexamethasone, prednisolone) (p214) • Calcineurin inhibitors • Cytotoxic immunosuppressants • Immunosuppressant antibodies • Sirolimus derivatives • Mycophenolate
<p>What it is used for</p>	<ul style="list-style-type: none"> • Autoimmune and inflammatory diseases — rheumatoid arthritis, psoriasis, ulcerative colitis, Crohn's disease • Organ transplants (eg kidney transplant), so body won't reject the new organ
<p>How it works</p>	<ul style="list-style-type: none"> • Reduces effectiveness of the body's immune system • Suppresses over-active immune reactions (where immune system reacts more than needed) • Stops reactions against transplanted organs
<p>Side effects</p>	 <p>Liver damage Kidney damage Nausea and vomiting</p> <ul style="list-style-type: none"> • Easier for patients to get infections • Skin cancers <p>There are many side effects — see the <i>AMH</i> for complete list.</p>

 <p>Warnings</p>	 <p>Pregnant</p>  <p>Kidney trouble</p>
 <p>Tell the patient</p>	<p>Interactions — Do not use together without medical consult</p> <ul style="list-style-type: none"> • Immunosuppressants interact with a lot of different medicines — always check with doctor or pharmacist before adding another medicine <ul style="list-style-type: none"> • Increased risk of skin cancers — have regular checks • If you forget to take a dose at the usual time — take it as soon as you remember. Don't skip a dose  <p>Keep out of the sun</p>
<p>Check</p>	<p>Warning stickers (p298): 8</p>  <p>BP</p>  <p>Blood test</p> <p>Regular blood tests needed</p> <ul style="list-style-type: none"> • Grapefruit juice can cause some immunosuppressants to build up in body — ask doctor or pharmacist about this • Does person needs antibacterial prophylaxis before dental work • Has person had flu vaccination