FAIRVIEW PHARMACY — EST. 1978

Using prednisone safely

oral steroid · taper slowly · watch for infection and blood sugar

3 MISTAKES TO AVOID

1. **Stopping it suddenly**
   Your body slows its own steroid production. Taper down slowly, never stop on your own.
2. **Ignoring infection risk**
   Prednisone can hide infection signs. Avoid chickenpox and measles exposure; check before any live vaccine.
3. **Not watching for changes**
   Can raise blood sugar and blood pressure, and affect mood, sleep, and eyesight.

How to take it

- Calms inflammation and an overactive immune system. Take as directed, usually once a day in the morning, with food if it upsets your stomach.
- Missed a dose? Take it as soon as you remember. Almost time for the next one? Skip it — don't double up.

Never stop it suddenly

- Your body slows its own steroid production. Stopping all at once can leave you without enough, especially during illness, injury, or surgery.
- Taken it for more than a few weeks? Taper down slowly, under your prescriber's care — never stop on your own, even if you feel better.

Infection risk

- Weakens your immune system. Infections can hit harder, and usual signs like fever may be hidden.
- No chickenpox or measles history? Avoid exposure — it can turn serious on prednisone. Exposed? Call your doctor right away.
- Check with your care team before any live vaccine.

Watch for these changes

- Blood sugar and blood pressure can rise. Mood, sleep, and eyesight can change. Routine blood tests may also check potassium and calcium.
- Tell your doctor about new blurry vision, mood swings, or trouble sleeping.

IMPORTANT
Call your doctor if you notice severe stomach pain, black or bloody stools, new vision changes, severe mood or behavior changes, or signs of infection that won't go away, like a fever.

- Tell every doctor, dentist, and emergency room you see that you take prednisone.

EMERGENCY: CALL 911
Swelling of your face, lips, tongue, or throat, or trouble breathing: get medical help right away.

Questions? Ask Dr. Mike at fairviewpharm.com/medications

Leave a message: 601-640-4671 · 500 Katie Ave, Hattiesburg, MS

Medically reviewed by Dr. Mike Acheampong, Pharmacist, Fairview Pharmacy · October 2026

This handout is for education only and is not medical advice. Talk with your doctor or pharmacist about your medicines.
Source: FDA prescribing information for prednisone delayed-release tablets (rev. 9/2026) and prednisone tablets, USP (Mylan, rev. 9/2026).

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