



## Patient Information Sheet: Instructions for Prednisone Tapering

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1. **Please read** the patient information sheet on Corticosteroids (Prednisone) before you begin taking your medication.
2. **Commence** Prednisone at 40mg-60mg (5mg/tablet = 8-10 tablets) per day for 1 full week (7 days).
3. **Mark on your calendar** the day you start taking your Prednisone.
4. On the **seventh day** after you began taking Prednisone, begin the tapering process as directed.
5. **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.
6. Until you are completely off Prednisone, **avoid strenuous activity**.
7. As you come off the Prednisone, **you may experience withdrawal symptoms**, such as fatigue, muscle pain, restlessness, and sometimes stomach cramps and diarrhea.
8. Inform your IBD health practitioner of any withdrawal side effects that **you cannot tolerate**. The dose of the Prednisone may need to be adjusted.