



Low Country ENT

EAR, NOSE & THROAT • HEAD & NECK SURGERY
HEARING AIDS • BALANCE TESTING

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Prednisone Taper

Please be aware of certain normal side effects of taking steroids:

- Steroids can cause change in mood and behavior. Insomnia, agitation, mood swings and irritability are not uncommon.
- Steroids can raise blood sugar and cause you to have a lower resistance to infection. Please inform your physician if you are diabetic.
- Steroids can increase your appetite.
- Steroids can cause water retention, swelling and bloating.
- Steroids can cause stomach irritation.
- Prolonged usage of steroids can cause acne, osteoporosis, growth of body hair, glaucoma.

Directions for use:

1. Day 1-9: Take 6 tablets two times a day
2. Day 10: Take 5 tablets two times a day
3. Day 11: Take 4 tablets two times a day
4. Day 12: Take 3 tablets two times a day
5. Day 13: Take 2 tablets once a day
6. Day 14: Take 1 tablet once a day
7. Then STOP