Taking Oral Steroids for Asthma

Oral Steroids are taken by mouth. They decrease inflammation and swelling in the breathing tubes of people with asthma. They are often given for short periods of time to treat serious asthma attacks.

Some oral steroids include: Orapred, Pediapred, Prelone, Prednisone and Prednisolone

How to use oral steroids

- The amount and length of treatment is different for each patient.
- Be sure to understand your treatment plan.
- Take oral steroids with food or milk to help prevent an upset stomach.
- Do not take more medication than what your doctor tells you to take.
- Take all the medication prescribed by your doctor until it is finished.

Two kinds of oral steroids

<table>
<thead>
<tr>
<th>Liquid</th>
<th>Tablets</th>
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<tbody>
<tr>
<td>Shake well before each use</td>
<td>May be swallowed</td>
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<tr>
<td>May add a small amount of formula, milk, or juice to improve taste</td>
<td>May be mixed with soft food like applesauce, baby food, or ice cream</td>
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Possible side effects

- Upset stomach
- Throwing up or feel like you want to throw up
- Easily annoyed or excited
- Wanting to eat more

Call your doctor or nurse if:

- You are exposed to chicken pox and have not had chicken pox or the vaccine
- Symptoms get worse or do not improve
- You have a bad effect or reaction from this medicine

For questions and resources, call 1 (833) 327-8462.
www.SouthSideKidsAsthma.org