



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

Liquid

- Shake well before each use
- May add a small amount of formula, milk, or juice to improve taste

Tablets

- May be swallowed
- May be mixed with soft food like applesauce, baby food, or ice cream

Possible side effects

- Upset stomach
- Easily annoyed or excited
- Throwing up or feel like you want to throw up
- 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**