Tell your doctor if the following occur:
Infections - lowered resistance to infections, such as a cold, existing eye infections may become worse or symptoms of a previous infection such as tuberculosis (TB) may happen more easily. This is especially important regarding chickenpox or measles.
Endocrine - Cushing's Disease a hormone disorder which can cause symptoms including gaining weight very quickly, especially on the trunk and face, thinning of the skin and sweating.
Stomach and Intestines - increased appetite, indigestion, a feeling of being full or bloated, very sore throat and white areas inside your mouth (oral thrush), feeling sick, weight gain, stomach ulcers or perforation (you may feel sick, have pain after eating), particularly in those with Irritable Bowel Syndrome (IBS).
Heart - high blood pressure, congestive heart failure in those already at risk.
Nervous system - unusual tiredness or weakness, nervousness, worsening of schizophrenia, increased pressure in the skull (causing painful eyes, changes in vision or a bad headache, especially behind your eyes), irritability, changes in behaviour.
Skin - reddish purple lines, thin skin, unusual bruising, acne, wounds that will not heal.
Muscle or Bones - muscle weakness or wasting, pain in back, hips, ribs, arms, shoulders or legs. Osteoporosis (may be easier to fracture your bones or to tear your tendons).
Hormones - filling or rounding out of the face, periods become irregular or stop altogether, unusual increase in hair growth on body or face, changes in blood glucose levels (diabetics may need a change of dose in antidiabetic treatment) changes in protein and calcium in the body, weight gain. Growth in infancy, childhood and adolescence may be reduced.
Kidney - urinating at night, water and salt retention, loss of potassium in the urine.
Blood - blood clots, changes in the balance of minerals in the blood (detected by a blood test).
Eyes - cataracts, increased pressure in the eye (glaucoma), thinning of the tissues of the eye, pressure on the nerve of the eye, changes in vision, seeing ‘floaters’, or eye pain, central serous chorioretinopathy (causing blind spots, distortion of straight lines and objects appearing smaller/further away), blurred vision (frequency not known).

Other - worsening of epilepsy, generally feeling unwell.
Withdrawal symptoms - muscle or joint pain, conjunctivitis, fever, weight loss, runny nose and painful, itchy skin lumps.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

By reporting side effects you can help provide more information on the safety of this medicine.

How to store Prednisolone tablets
Keep out of the reach and sight of children. Store below 25°C in a dry place and protect from light.
Do not use Prednisolone tablets after the expiry date stated on the label, carton or bottle. The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Further information
What Prednisolone tablets contain
• The active substance (the ingredient that makes the tablets work) is prednisolone. Each tablet contains either 1mg or 5mg of the active ingredient.
• The tablet also contains lactose monohydrate, maize starch, povidone, purified talc, colloidal anhydrous silica, magnesium stearate.

Contents of the pack
Prednisolone are white, circular, flat bevelled edge tablets. Pack sizes are 28.

Marketing Authorisation Holder and Manufacturer
Actavis, Barnstaple, EX32 8NS, UK
Date of last revision: May 2017

Prednisolone tablets
1mg and 5mg

Index:
1 What Prednisolone tablets are and what they are used for
2 Before you take Prednisolone tablets
3 How to take Prednisolone tablets
4 Possible side effects
5 How to store Prednisolone tablets
6 Further information

1 What Prednisolone tablets are and what they are used for
Prednisolone belongs to a group of medicines called steroids. Their full name is corticosteroids. These corticosteroids occur naturally in the body, and help to maintain health and well-being. Boosting your body with extra corticosteroid (such as Prednisolone) is an effective way to treat various illnesses involving inflammation in the body.
Prednisolone reduces this inflammation, which could otherwise go on making your condition worse. You must take this medicine regularly to get maximum benefit from it.

2 Before you take Prednisolone tablets
Do not take Prednisolone tablets if you:
• are allergic (hypersensitive) to prednisolone or any of the other ingredients in Prednisolone tablets (see section 6). An allergic reaction may include a rash, itching, difficulty breathing or swelling of the face, lips, throat or tongue.
• have cold sores that affect the eyes.
• have an untreated infection.

3 How to take Prednisolone tablets
Prednisolone is a steroid medicine, prescribed for many different conditions, including serious illnesses.
You need to take it regularly to get the maximum benefit.
Don’t stop taking this medicine without talking to your doctor - you may need to reduce the dose gradually.

Prednisolone tablets are available in two strengths:
• 1 mg tablets - for children and adults
• 5 mg tablets - for adults

Give your doctor the full details of your illness before you start taking this medicine. Your doctor will tell you how many tablets to take each day.

4 Possible side effects
Some possible side effects are:
• unusual tiredness or weakness
• urinating at night
• water and salt retention
• loss of potassium in the urine.

Continued top of next column

Prednisolone 1mg & 5mg 28 Tablets PIL - UK

Item no: BBBA0800

Approved for print/date

Supplier: Actavis UK

Approval

Technical Approval
Date sent: n/a
Date received: n/a

Colours
1. Black
2. Red
3. Green
4. Blue
5. Brown
6. Orange

Non Printing Colours

* Please note that only Artwork Studio is permitted to make changes to the above artwork.
No changes are permitted by any 3rd party other than added notes and mark ups for required changes.
Check with your doctor or pharmacist before taking Prednisolone tablets if you:
- have been in contact with anyone who has chickenpox, shingles or measles. Contact your doctor immediately for advice.
- have or have a family history of diabetes or glaucoma
- have osteoporosis, high blood pressure, a recent heart attack, a stomach ulcer, an underactive thyroid gland, epilepsy, tuberculosis or septicemia
- have taken prednisolone tablets (or a similar medicine) before and had muscular problems (steroid myopathy)
- have heart, kidney or liver problems/disease
- suffer or have suffered from any mental illness
- are being treated with vaccines
- have ever had severe depression or manic-depression (bipolar disorder).
  This includes having had depression before while taking steroid medicines like Prednisolone tablets or any of your close family has had these illnesses

Mental problems while taking Prednisolone tablets:
Mental health problems can happen while taking steroids like Prednisolone tablets (see also section 4 Possible Side Effects)
- These illnesses can be serious
- Usually they start within a few days or weeks of starting the medicine.
- They are more likely to happen at high doses.
- Most of these problems go away if the dose is lowered or the medicine is stopped. However, if problems do happen, they might need treatment.
  Talk to a doctor if you (or someone taking this medicine), show any signs of mental problems. This is particularly important if you are depressed, or might be thinking about suicide. In a few cases, mental problems have happened when doses are being lowered or stopped.

Contact your doctor if you experience blurred vision or other visual disturbances.

Taking other medicines
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription:
- medicines to treat high blood pressure or diabetics ('water tablets')
- medicines to treat epilepsy such as carbamazepine, phenobarbital, other barbiturates, phenytoin, primidone, phenylbutazone
- medicines for diabetes including insulin
- medicines to treat infections such as rifabutin, rifampicin, amphotericin, ketoconazole, tetracycline
- medicines used to treat cancer such as etoposide
- methotrexate (for arthritis, Crohn's disease, psoriasis)
- mifepristone (used for abortion)
- ciclosporin (to prevent organ transplant rejection)
- anticoagulant drugs used to thin blood
- oral contraceptives (the 'pill')
- other non-steroidal anti-inflammatory drugs (NSAIDs) or aspirin
- aminoglutethimide, acetazolamide, carbamazepine or salicylates
- retinoids (for skin conditions)
- antacids (for indigestion)
- carbimazole (for hyperthyroidism)
- theophylline (for asthma).

Driving and using machines
If you do not have enough sleep you may be less alert and patients should make sure they are not affected before driving or operating machinery.

Pregnancy and breastfeeding
Ask your doctor or pharmacist for advice before taking this medicine.

Sugar intolerance
If you have been told by your doctor that you have an intolerance to some sugars, contact him before taking this medicine, as it contains lactose.

If you see another doctor or go into hospital, let them know what medicines you are taking.

3 How to take Prednisolone tablets
You will be supplied with a 'Steroid Treatment Card' which includes important details of your treatment. This card should be carried at all times.
Always take Prednisolone tablets exactly as your doctor has told you, especially if you are elderly.
If you are not sure, check with your doctor or pharmacist.
Swallow the tablets whole, with a little water as a single dose in the morning after breakfast unless otherwise directed by the doctor.

The usual doses are:
Adults - 20-40mg daily initially up to 80mg daily, reducing to a maintenance dose of 5-20mg daily.
Children - Children do not take as many tablets as adults. Your doctor will suggest the correct number of tablets for them to take.
Once a dose is established, it may be changed to use the lowest effective dose depending on your response to the drug. If you are diabetic, you may find that you need to take more medication to balance the effect of Prednisolone tablets. You should discuss this with your doctor.
Your doctor should check your progress at regular visits. Also, your progress may have to be checked after you have stopped using this medicine, since some of the effects may continue.

If you forget to take Prednisolone tablets
If you forget to take a dose, take one as soon as you remember and then your next dose at the same time. Never take two doses at the same time.

If you take more Prednisolone tablets than you should
If you (or someone else) swallow a lot of tablets at the same time, or you think a child may have swallowed any contact your nearest hospital casualty department or tell your doctor immediately.

If you stop taking Prednisolone tablets
If you stop taking the tablets suddenly you may develop muscle or joint pain, conjunctivitis, fever, weight loss, painful itchy skin lumps or runny nose.

Talk to your doctor before you stop taking the tablets and follow their advice.

4 Possible side effects
Like all medicines, Prednisolone tablets can cause side effects, particularly when you first start taking it although not everybody gets them. Please tell your doctor or pharmacist if you notice any of the following effects or any effects not listed.

Stop taking Prednisolone tablets and contact your doctor straight away if the following allergic reaction happens:
- blisters, or red, swollen or peeling skin
- difficulty in breathing or swallowing
- puffy, swollen face, tongue or body, which may cause shortness of breath, shock and collapse.

Tell your doctor straight away if the following happens:
- inflammation of the pancreas (very severe abdominal pains)
- Steroids including Prednisolone tablets can cause serious mental health problems. These are common in both adults and children. They can affect about 5 in every 100 people taking medicines like Prednisolone tablets:
  - feeling depressed, including thinking about suicide
  - feeling high (mania) or moods that go up and down
  - feeling anxious, having problems sleeping, difficulty in thinking or being confused and losing your memory
  - feeling, seeing or hearing things which do not exist. Having strange and frightening thoughts, changing how you act or having feelings of being alone
  - feeling dependant or addicted to this product.

- theophylline (for asthma).
- oral contraceptives (the 'pill')
- anticoagulant drugs used to thin blood
-   ciclosporin (to prevent organ transplant rejection)
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