Read all of this leaflet carefully before you start taking this medicine:
• Keep this leaflet. You may need to read it again.
• If you have any further questions, please ask your doctor or pharmacist.
• This medicine has been prescribed for you. Do not give it to others. It may harm them, even if their symptoms are the same as yours.
• If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:
1. What Prednisolone is and what it is used for
2. Before you take Prednisolone
3. How to take Prednisolone
4. Possible side effects
5. How to store Prednisolone
6. Further information

1. WHAT PREDNISOLONE IS AND WHAT IT IS USED FOR

The name of your medicine is Prednisolone 25mg Tablets (called Prednisolone throughout this leaflet). Prednisolone is a steroid medicine. Their full name is glucocorticoids.

How Prednisolone works
• 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 works by reducing this inflammation, which could otherwise go on making your condition worse.
• Prednisolone also works by stopping reactions known as autoimmune reactions. These reactions happen when your body’s immune system attacks the body itself and causes damage.
• You must take this medicine regularly to get maximum benefit from it.

Prednisolone can be used to treat:
• Illnesses (sometimes called collagen disease) which cause inflammation of the skin, muscles or joints. These include rheumatic fever and systemic lupus erythematosus (SLE).
• Blood problems such as anaemia and leukaemia.
• Skin and kidney problems.
• Stomach problems such as ulcerative colitis.

2. BEFORE YOU TAKE PREDNISOLONE

Do not take this medicine and tell your doctor if:
• You are allergic (hypersensitive) to prednisolone, or any of the ingredients in these tablets (see Section 6: Further information).
• You have ever had severe depression or manic-depression (bipolar disorder). This includes having had depression before while taking steroid medicines like prednisolone.
• Any of your close family has had these illnesses.

Now read the rest of this leaflet. It includes other important information on the safe and effective use of this medicine that might be especially important for you.

Take special care and check with your doctor before you take prednisolone if:
• You have an infection that affects your whole body (systemic infection), which is not already being treated.

Do not take prednisolone if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking prednisolone.

Signs of an allergic reaction include: rash, swelling or breathing problems, swelling of your lips, face, throat or tongue.

• You have an infection that affects your whole body (systemic infection), which is not already being treated.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking prednisolone.

Take special care and check with your doctor before you take prednisolone if:
• You have ever had severe depression or manic-depression (bipolar disorder). This includes having had depression before while taking steroid medicines like prednisolone.
• Any of your close family has had these illnesses.

Now read the rest of this leaflet. It includes other important information on the safe and effective use of this medicine that might be especially important for you.

Take special care and check with your doctor before you take prednisolone if:
• You have an infection that affects your whole body (systemic infection), which is not already being treated.

Do not take this medicine if any of the above apply to you. If you are not sure, talk to your doctor or pharmacist before taking prednisolone.

Take special care and check with your doctor before you take prednisolone if:
• You have ever had severe depression or manic-depression (bipolar disorder). This includes having had depression before while taking steroid medicines like prednisolone.
• Any of your close family has had these illnesses.

Now read the rest of this leaflet. It includes other important information on the safe and effective use of this medicine that might be especially important for you.
• You have or ever had mental problems such as 'depression' or 'psychoses'
If any of the above applies to you, talk to a doctor before taking prednisolone.

Mental problems while taking prednisolone
Mental health problems can happen while taking steroids like prednisolone (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 lowered or stopped.

Check with your doctor before taking this medicine if:
• You have epilepsy (fits)
• You or anyone in your family has diabetes
• You have high blood pressure
• You have kidney, liver or heart problems
• You have brittle or weak bones called 'osteoporosis'
• You or anyone in your family has an eye problem called ‘glaucoma’
• You have or ever had a stomach ulcer
• You have or ever had a bad reaction such as 'muscle weakness' to any steroid
• You have or ever had an infection caused by a virus or fungus. This includes infections such as athlete’s foot, thrush, and cold sores
• You have or or are suspected of having pheochromocytoma - a tumor of the adrenal gland
• You have Scleroderma (also known as systemic sclerosis, an autoimmune disorder) because daily doses of 15 mg or more may increase the risk of a serious complication called scleroderma renal crisis.

Signs of scleroderma renal crisis include increased blood pressure and decreased urine production. The doctor may advise that you have your blood pressure and urine regularly checked.
If any of the above apply to you, your doctor may want to see you more often during your treatment.
Contact your doctor if you experience blurred vision or other visual disturbances.

Children
Prednisolone can cause enlargement of the heart in premature babies. The doctor may need to monitor babies receiving this medicine.

Taking other medicines
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes medicines obtained without a prescription, including herbal medicines. This is because prednisolone and other medicines can affect the way each other work.

In particular, check with your doctor if you are taking any of the following medicines. Your doctor may want to change the dose of prednisolone, or the other medicine.
• Painkillers such as aspirin
• Aminoglutethimide - used for some types of cancer
• Medicines for thinning your blood (such as warfarin)
• Medicines for diabetes
• Medicines for epilepsy
• Medicines for tuberculosis (TB)
• Medicines which contain oestrogens including oral contraceptives

Some medicines may increase the effects of prednisolone and your doctor may wish to monitor you carefully if you are taking these medicines (including some medicines for HIV: ritonavir, cobicistat).

Vaccinations
If you have just had any injections or vaccinations, tell your doctor before you take prednisolone. If you are going to have any injections or vaccinations, tell your doctor or nurse you are taking prednisolone. This includes those needed for a foreign holiday. Some vaccines should not be given to patients taking prednisolone. This is because prednisolone can affect the way some vaccines work.

Operations
If you are going to have an operation, tell your doctor or nurse you are taking prednisolone. Muscle relaxants are sometimes used during an operation or in an intensive care unit. These and prednisolone can affect one another.

Pregnancy and breast-feeding
Talk to your doctor before taking prednisolone if:
• You are pregnant, plan to get pregnant, or think you may be pregnant
• You are breast-feeding, or planning to breast-feed

Prednisolone and infections
Taking Prednisolone can mean that you get infections more easily than usual, and these infections can be more serious

Chicken pox or shingles
If you get chickenpox or shingles while taking prednisolone, you can become seriously ill.
• Keep away from people who have chickenpox or shingles, if you have never had them. They could affect you severely. If you do come into contact with chickenpox or shingles, see your doctor straight away.
• If you do catch chicken pox or shingles, tell your doctor straight away. Your doctor will advise you on how to take prednisolone. You may be told to increase the number of tablets that you take.

Blue steroid card
• If you take this medicine for more than three weeks, you will be given a blue ‘steroid card’ by your doctor or pharmacist
• It contains information about your medicine, including dose instructions. This is important if you were to fall ill or be involved in an accident
• You should carry the card with you at all times
Important information about some of the ingredients in Prednisolone

This medicine contains lactose. If you have been told that you cannot digest or tolerate some sugars, talk to your doctor before taking this medicine.

3. HOW TO TAKE PREDNISOLONE

Always take prednisolone exactly as your doctor has told you. The dose will depend on the illness being treated and any other medicines you are taking. You should check with your doctor or pharmacist if you are not sure.

Taking this medicine

- Swallow your tablets whole with a glass of water
- It is important to take your medicine at the right times

Usual doses

- The usual starting dose is 3 tablets, taken together each morning
- Your doctor may decide that you need more tablets than this each day
- Your doctor may tell you to take the medicine every other morning
- Your doctor may change your dose if you have been taking prednisolone for a long time, if you become ill or need to have an operation

Always follow your doctor’s advice about how and when to take your medicine and always read the label on the pack. If you are not sure, ask your doctor or pharmacist.

If you take more Prednisolone than you should Tell your doctor or go to the nearest hospital casualty department straight away. Remember to take with you any tablets that are left and the pack. This is so the doctor knows what you have taken.

If you forget to take Prednisolone

If you forget to take a dose take it as soon as you remember, unless it is time for your next dose. Do not take a double dose to make up for a forgotten dose.

Stopping treatment

- You need to take Prednisolone regularly to get the maximum benefit.
- Don’t stop taking this medicine without talking to your doctor - you may need to lower the dose gradually.
- Stopping the treatment suddenly can sometimes cause problems such as a high temperature, a runny nose, sore, red, sticky eyes, aching muscles and joints, itchy skin and weight loss. Also, sickness (vomiting), headaches and drowsiness – this is more likely to happen in children

You may also notice the following symptoms if you stop treatment with prednisolone. If this happens, tell a doctor straight away as these could be signs of a serious illness:

- Sudden, severe pain in the back, stomach and legs
- Feeling sick (vomiting) and diarrhoea
- Feeling faint or dizzy, this could be a sign of low blood pressure

4. POSSIBLE SIDE EFFECTS

Like all medicines, Prednisolone can cause side effects, although not everybody gets them.

Stop taking your medicine and see a doctor or go to a hospital straight away if:

- You get swelling of the hands, feet, ankles, face, lips or throat which may cause difficulty in swallowing or breathing. You could also notice an itchy, lumpy rash (hives) or nettle rash (urticaria). This may mean you are having an allergic reaction to Prednisolone 25mg Tablets
- You pass black tarry stools or notice fresh or clotted blood in your stools (faeces). You may also notice dark bits that look like coffee grounds in your vomit. These could be signs of a stomach ulcer
- You get severe stomach pain which may reach through to your back. This could be a sign of pancreatitis

Serious effects: Tell a doctor straight away if you notice any of the following side effects:

Steroids including prednisolone 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. These side effects include:

- 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

Other serious side effects include:

- A very sore throat. You may also have difficulty in swallowing and the inside of your mouth may have white areas on the surface
- Headache, which is usually worse in the morning, on coughing or straining, and feeling sick (nausea). Also, fits, fainting, eyepaint problems, painful eyes, distortion/loss of vision or confusion can occur
- Scleroderma renal crisis in patients already suffering from scleroderma (an autoimmune disorder). Signs of scleroderma renal crisis include increased blood pressure and decreased urine production (frequency is not known)

If you notice any of these problems talk to a doctor straight away.

Other side effects:

If any of these side effects gets serious or lasts longer than a few days, or if you notice any side effects not listed in the leaflet, please tell your doctor or pharmacist.

- Stomach or bowel problems such as feeling full or bloated, indigestion, heartburn or stomach pain
- Increase in appetite and weight gain including developing a rounder face. Or, you may lose weight or feel weak.
6. FURTHER INFORMATION

What Prednisolone 25mg Tablets contain:
Each tablet contains 25mg of the active ingredient, prednisolone.
Other ingredients are: lactose, potato starch, pregelatinised maize starch, magnesium stearate and purified talc.

What Prednisolone 25mg Tablets look like and contents of the pack:
Prednisolone 25mg tablets are white, round, bevel edged tablets with a break line on one side and plain on the other.
This medicine comes in blister packs of 56 tablets.
The Marketing Authorisation Holder is: Zentiva, One Onslow Street, Guildford, Surrey, GU1 4YS, UK.
The Manufacturer is: Sanofi Winthrop Industrie 56, route de Choisy au Bac, 60205 Compiegne cedex, France
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