

Information Sheet for Patients taking Prednisolone

What is Prednisolone?

Prednisolone is from a group of drugs known as steroids. Although not licensed for this use, they are used in headache management for the short term management of cluster headache, severe and intractable migraine or medication overuse headache.

What dose should I take?

The typical dose is one milligram per kilogram of body weight up to a maximum of 60mg/day. The maximum dose should be taken for 4 days after which the dose is gradually reduced over a period of 3 - 4 weeks. It is important that you tell any health professional that you are on steroids and that you don't stop without taking medical advice.

What side effects do steroids have?

Steroids have a wide range of side effects but these are mainly seen when steroids are taken over a longer period of time. In a short course, main problems are likely to be possible indigestion and changes in mood, either elevation or depression. You should contact your doctor immediately if you have pain in your hip as steroids can cause problems in this area. Your doctor is likely to recommend you take an additional medication to protect the stomach during the course of tablets. You should check with your doctor whether your steroids won't interfere with any existing medication or whether there are any precautions with existing medical problems you may have.

You shouldn't take Prednisolone if you are planning a pregnancy or breast feeding.

It is advisable that you are reviewed by your doctor at weekly intervals for at least the first 3 weeks of treatment to monitor any problems.