



## ***What should I do with my steroid tablets when I am ill? (prednisolone)***

The body produces steroids all the time and these are **essential** to keep you well. When **ill** the body **needs more steroids than normal**. This is very important in helping us get better.

Your doctor has put you on steroid tablets to treat your medical condition. **YOU SHOULD NOT STOP YOUR STEROID TABLETS UNLESS TOLD TO DO SO BY A DOCTOR.**

While you are on the tablets your body may not be able to produce the extra steroids it needs to help you get better if you become ill. Your tablets may need to be increased.

We recommend the following:

1. If you have a mild illness such as a cold, you do not need to change your steroid tablets.
2. If you are more unwell (for example if you have a chest infection, tonsillitis or flu), then you will probably need to increase your dose of steroids. We suggest you discuss this with your doctor as soon as possible.
3. If you are seriously ill, and particularly if you are vomiting or have diarrhoea, your body may run out of steroids very quickly and this can make you much worse. In this situation you should seek urgent medical help as you will need an injection of steroids. You should contact your GP (or out-of-hours doctor) for an urgent visit, or go to accident and emergency at the hospital for treatment. You may require hospital admission. **SEEK HELP EARLY - DO NOT WAIT THINKING THINGS WILL IMPROVE ON THEIR OWN AT HOME.**

If in any doubt please ask for help.

Always make sure that you have enough steroid tablets and do not run out.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.