

Do I Need Regular Monitoring When Taking these Medications?

- Regular monitoring of blood tests will be required to ensure that the dose of steroid is right for you.
- It is important that you attend all follow-up visits with your doctor.

Are There any Special Precautions That I Need to Take?

- Discuss with your doctor if you intend to conceive or breastfeed while taking this medication.

How do I Store These Medications?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

PHARMACY

Drug Information

Steroid Replacement Therapy

For Patients with Low Cortisol Levels



What are Corticosteroids?

- Corticosteroids, often known as steroids, are a class of medications that closely resemble cortisol, a hormone that our adrenal glands produce.
- Steroid hormones play an important role in regulating body functions and are essential for survival.
- Corticosteroids are taken as replacement therapy when the adrenal glands are unable to produce sufficient amounts of cortisol.

What are the Medications Used for Steroid Replacement Therapy?

Medication Class	Medication Name
Corticosteroids	<ul style="list-style-type: none">• Hydrocortisone (most common)• Prednisolone• Dexamethasone (rarely used)

How are the Medications Administered / Taken?

- Hydrocortisone can be taken once, twice or even thrice daily. Take the first dose immediately upon waking.
- Prednisolone is usually taken once daily in the morning upon waking.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double the dosage.

What Should I do When I Fall Sick (For Example, Fever, Persistent Vomiting)?

- Do not stop steroids without the advice from your doctor.
- When people are sick (e.g. fever, persistent vomiting), their bodies need more steroid hormones. Please ask your doctor how and when to increase your steroid medication.
- Drink plenty of fluids to prevent dehydration.
- If you vomit soon after taking your steroid medication, try to take the medication again.

- If you have persistent vomiting and are unable to keep your medications down, please come to the emergency department immediately to receive a steroid injection.
- Return to your usual dose after recovery from the illness.
- Inform your doctor or dentist that you are on long term steroid therapy if you are scheduled for a surgery or dental procedure. You may need an increased dose of steroid medication.

Can the Medications be Administered / Taken With Other Medications?

- Please inform your doctor or pharmacist if you are taking other medications, including supplements, traditional or herbal remedies.

What are the Important Side Effects?

- The steroid that you are taking is a replacement dose.
- Signs of over replacement include high blood pressure, high blood sugar, water retention and weight gain.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.