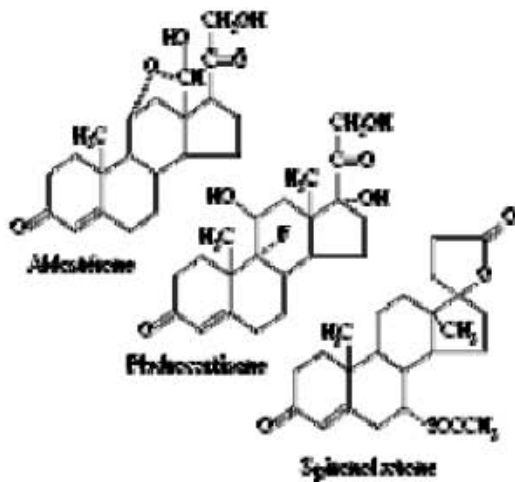


## What is a Corticosteroid?

Corticosteroids (also called adrenocorticoids, steroids, or cortisone-like medicines) have many different actions. Your body produces certain corticosteroids which help with many bodily functions such as: stress response, immune response and regulation of inflammation, carbohydrate metabolism, protein catabolism, blood electrolyte levels, and behavior. Corticosteroids may be given to patients with colitis or enteritis to help control inflammation and relieve symptoms. These medicines also are used to treat asthma, severe allergies, arthritis, and other inflammatory states.

There are many different corticosteroids. Some people refer to corticosteroids as cortisone. However, this is not correct since cortisone itself is almost never used. For bowel inflammation, prednisone (Deltasone), methylprednisolone (Decadron) are the most common agents.

Steroids work by "tuning down" the body's immune system so that the inflammatory response



will not be as severe. They are not a specific cure, only a symptomatic treatment.

## How Should Your Steroid Be Taken?

Use this medicine only as directed by Dr. Rodriguez. Do not increase or decrease the dosage. Do not take it more often than directed. Do not use it for a longer period of time than Dr. Rodriguez ordered. If you do so, it may increase the chance of unwanted effects.

This medicine may upset your stomach if you are taking it by mouth. Take each dose with food or milk. If stomach upset, burning, or pain continues, call Dr. Rodriguez. Stomach upset is more likely to occur if you drink alcohol while taking this medication. Do not drink alcohol, unless you have checked with Dr. Rodriguez first.

Do not stop taking this medicine without first checking with Dr. Rodriguez. You may need to slowly reduce the amount of medicine you are taking before stopping it completely.

## What Should You Do If You Forget A Dose?

If you miss a dose and your schedule is:  
**One dose ever other day** – Take the missed dose as soon as you remember. Then return to taking the medicine ever other day.

**One dose ever day** – Take the missed dose as soon as you remember. Then continue with your every day dosing.

**More than one dose a day** – Take the missed dose as soon as you remember. Then go back to your regular dosing schedule. If you do not remember until your next dose, double that next

dose. If you have any questions about your dosing schedule, call Dr. Rodriguez' office.



## Be Aware...

In order for Dr. Rodriguez to best treat your medical problem, be sure to tell him if:

- 1) You are allergic to any medicine.
- 2) You are pregnant or trying to become pregnant.
- 3) You are Breast-feeding.
- 4) You have had ulcers, TB, or diabetes.
- 5) You are taking any other medications.

If you are going to be taking this medicine for more than two months.

- 1) Dr. Rodriguez may want to have your eyes checked by an ophthalmologist before and sometime during treatment.
- 2) You should carry an identification card stating that you are taking this medication.

## What Are Possible Side Effects?

Along with needed effects, steroids can sometimes cause unwanted side effects. When the medicine is used for short periods of time, side effects are rare. However, check with Dr. Rodriguez if you notice: decreased or blurred vision, frequent urination, or increased thirst. Other unwanted effects may occur if you use the medicine for a long time. Check with Dr. Rodriguez if any of these occur: acne or black tarry stools, irregular heartbeat, menstrual problems, mood changes, muscle cramps or pain, muscle weakness, seeing halos around lights, stomach pain or burning, or swelling of the feet or legs.

You may also notice that you gain weight if you take this medicine for long periods of time.

After you stop taking this medicine, your body may need time to adjust. This time length depends on the dosage of medicine and how long you were taking it. During this time, be sure to call Dr. Rodriguez if you notice stomach or back pain, dizziness or fainting, fever, loss of appetite that does not go away, muscle or joint pain, nausea or vomiting, shortness of breath, unusual tiredness or weakness, or unusual weight loss.

## What If You Have Further Questions?

Dr. Rodriguez and the other caretakers want to make sure the medicine benefits you. If you have any question or problems, call the Texas Gastroenterology Institute at (956) 584 - 9000. Ask to speak with the nurse.



801 E. Nolana Ave, Ste 4  
McAllen, Texas 78501

Phone: (956) 686-2626

[www.texasgidocs.com](http://www.texasgidocs.com)

Jose Rodriguez, MD, FACP

# Corticosteroids



**American Society for  
Gastrointestinal Endoscopy**