



Instructions for Use of Oral Steroids for Swelling

Clare K. McCarthy, M.D.

You have been prescribed oral steroids for your swelling. You will be getting 2 prescriptions for this, one prescription for **two** Medrol dose packs and one prescription for 4-mg tablets of methylprednisolone. The pharmacy probably will not fill both prescriptions at the same time, because that would be considered a duplication of therapy. You will take the two Medrol dose packs first. The directions to take the dose packs are as follows:

- Day 1: Take Day 1 of pack 1
- Day 2: Take Day 1 of pack 2
- Day 3: Take Day 2 of pack 1
- Day 4: Take Day 2 of pack 2
- Day 5: Take Day 3 of pack 1
- Day 6: Take Day 3 of pack 2
- Day 7: Take Day 4 of pack 1
- Day 8: Take Day 4 of pack 2
- Day 9: Take Day 5 of pack 1
- Day 10: Take Day 5 of pack 2
- Day 11: Take Day 6 of pack 1 in the a.m.
Take Day 6 of pack 2 the p.m.

Day 12: Start methylprednisolone 4 mg twice a day for 14 days.

- You should split up the medication doses so that you are taking the pills in the morning, afternoon, and evening, if possible. Steroids can make you feel anxious or “jittery,” and they might make it difficult for you to fall asleep. It is best to take your last dose at least 1 to 2 hours before you go to bed.
- If you have any questions or concerns, do not hesitate to call the office at 952-456-7000.