

CORTICOSTEROIDS

Dear @Name@,

Your healthcare team has discussed the following subject with you: corticosteroids. Here is some additional information. Let us know if you have any questions regarding this information.

- These powerful and fast-acting medications help reduce irritation and swelling (inflammation) in the intestines and throughout the body, including joints, skin, and eyes.
- You should notice an improvement of symptoms within days of starting this medication.
- While steroids can be used for weeks or months, they should only be used for short periods of time because of their side effects. Steroids can be used to get you well in the short term, but should never be a long term maintenance medication.
- Side effects can include yeast infections (in the mouth or female reproductive organs), urinary tract infections, high blood pressure, high blood sugar levels, weight gain, stretch marks, acne, rounding of the face (moon face), facial hair, difficulty sleeping, mood swings, and psychiatric symptoms. These side effects will usually go away when the medication is stopped. Long-term use of steroids can result in a weakening of the bones (osteoporosis) and cataracts. Calcium and vitamin D may be considered while taking corticosteroids.
- Budesonide is a type of steroid that is targeted to the intestine. The liver breaks it down before it affects the rest of the body, so it usually has fewer side effects than other corticosteroids.
- Before taking this medication, let your healthcare team know about other medical conditions that you may have or other medications (even over-the-counter medications or complementary therapies) you may be taking.
- The best way to control your disease is by taking your medication as directed. Even when you do not have any symptoms, it is very important to continue taking your medication to prevent your disease from becoming active again. Do not alter the amount of the medication or how frequently you take it on your own.
- If you have any side effects or you continue to have symptoms, speak to your healthcare team immediately.

For further information, please check out <http://www.ibdmedicationguide.org/> or follow this link:

</sites/default/files/legacy/corticosteroids.pdf>