

# Prednisolone tablets for children

## Information for parents and carers

This leaflet answers common questions about giving your child prednisolone (5mg) tablets by mouth. If you would like further information, or have any particular concerns, please do not hesitate to ask your nurse, doctor or pharmacist.

In all cases, a doctor will explain the treatment to you and answer any questions you may have.

### What is prednisolone?

You have been given a prescription for prednisolone tablets for your child. These are available as 5mg tablets. Prednisolone is a steroid medicine that is used to reduce an allergic or inflammatory condition.

<p>Your child's dose is                  tablets once a day for                  days.</p>
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### Giving the tablets

Prednisolone is usually given **once** each day and usually in the morning.

### Swallowing the tablets

- The tablets should be given with or soon after food and can be swallowed with water, fruit juice or milk.
- For those not confident taking tablets, they may be crushed and swallowed on a spoonful, mixed with soft food, eg yogurt, honey, puree or sugar-free jam.
- If your child is unable to swallow the tablets, they may be dissolved in a small amount of water (eg two 5ml teaspoons). You can give the mixture to your child using an oral syringe or spoon. A small amount of fruit cordial may be used to hide the taste.
- It is **not recommended** to mix the tablets in with a large volume of food or drink in case your child does not finish it all.

### Using a feeding tube

- Dissolve the tablets in 10ml of water, stir well and administer using a syringe which is compatible with the feeding tube.
- Rinse the container with water until there is no residue left. Flush with 5-10ml of water afterwards.

**Do not give your child more than the doctor has prescribed.** The dose was worked out by the doctor and is based on your child's age or weight.

The usual maximum dose of prednisolone is 40mg per day (ie eight tablets), but for some conditions the dose may be lower or higher.

If your child takes prednisolone for longer than three weeks, the dose must be gradually reduced. Please make sure you follow the doctor's instructions and do not run out of the medicine.

### What if I forget a dose?

If you forget to give a dose of prednisolone and you remember later that day, you may give the dose then.

If you remember the missed dose the next day, **do not give extra** – just give the next day's dose as planned.

## What if my child vomits after taking the tablets?

- If your child vomits less than 30 minutes after having a dose of prednisolone, give the same dose again.
- If your child vomits more than 30 minutes after having a dose of prednisolone, you do not need to give another dose. You can give your child their normal dose the next day.
- If your child vomits again, seek advice from your GP, pharmacist or call NHS 111. They will help you decide what to do based on your child's condition.

## For more information about this medicine:

### Risks and side effects

Please read and keep the leaflet that comes in the packet for detailed information about this medicine.

### Medicines for children

Helpful information about using the medicine is available online on the Medicines for Children website:

- [www.medicinesforchildren.org.uk/prednisolone-asthma](http://www.medicinesforchildren.org.uk/prednisolone-asthma)
- [www.medicinesforchildren.org.uk/prednisolone-oral-nephrotic-syndrome](http://www.medicinesforchildren.org.uk/prednisolone-oral-nephrotic-syndrome)

## Do you have any further questions?

If you have any further questions please call our pharmacy patient helpline:

- Barnet Hospital:  
020 8375 8733
- Chase Farm Hospital:  
020 8375 8733
- Royal Free Hospital:  
020 7830 2983

## More information

For more information about the pharmacy service at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/services-az/pharmacy/](http://www.royalfree.nhs.uk/services/services-az/pharmacy/)

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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