

## Prednisone (Deltasone)

### Uses:

Prednisone is a steroid and is used to prevent or treat rejection. It suppresses the body's immune response to the transplanted heart.

### Schedule:

Prednisone is usually taken twice a day and should be taken with food as it can cause stomach upset and may leave a very bad taste in your mouth. As you are further from transplant, prednisone may be changed to once a day.

### Dose Changes:

Your prednisone dose will change based on your biopsy results. The dose may be decreased when your biopsy results show no rejection. Likewise, if your biopsy shows rejection, your dose may be increased.

### Possible Side Effects of Prednisone:

- Increase in appetite
- Water retention
- Mood changes or anxiety
- Night sweats
- Vision changes/cataracts
- Increased risk of infection
- Stomach irritation
- Weight gain
- Round face or "chubby cheeks"
- Trouble sleeping
- Acne
- Osteoporosis
- High blood pressure

### Special Notes:

- It is dangerous to stop taking prednisone all at once. This medication must be tapered by your transplant coordinator or you may become very ill.
- Be alert for infections and report any black tarry stools or abdominal pain.
- Check with your transplant coordinator for any drug interactions before taking any new medications.