Oral Steroids for Sinusitis

Why are these medications prescribed?

Oral steroids are drugs commonly used to relieve inflammation in various parts of the body. Steroids can be helpful in relieving inflammation associated with sinusitis and may be prescribed when symptoms are severe or in the post-operative period. Most commonly, you will be prescribed oral prednisone to take twice a day for 5 to 7 days.

Possible Side Effects

- Serious but rare side effects can occur when taking oral steroids including difficulty breathing, swelling of the lips, tongue or face, blurred vision, severe headache, joint pain and weight gain of more than 5 pounds within 2 days. **If any of these side effects occur, contact your health care provider right away.**
- More common side effects include insomnia, upset stomach, increased appetite or thirst, increased heart rate, mood changes, dizziness, fatigue, muscle weakness, and joint pain. If any of these side effects occur, continue to take the medication but inform your health care provider.
- Other side effects include cataract formation, bone loss, osteoporosis, glaucoma (increased pressure in the eye), increased hair growth, acne, changes in behavior, and thinning of skin. These side effects are more likely to occur with larger doses over longer periods of time.
- If you have diabetes or high blood pressure, it is important to closely monitor your glucose levels and blood pressure when taking oral steroids. This can be done with help from your primary care provider.
- If you have indigestion or heartburn, it may be necessary to take special precautions to protect your stomach while taking oral steroids. Discuss this with your health care provider.

Possible Drug Interactions

- Some examples of medications that may interact with steroids include aspirin and salicylates, barbiturates such as phenobarbital, seizure medications like phenytoin, and rifampin. Be sure to tell your health care provider if you are taking any of these medications.

Medication Dos and Don’ts

- Avoid alcohol before or after taking this medication.
- Take the prescribed dose by mouth right after a full meal to reduce stomach upset.
- Do not increase the dosage or take multiple doses unless directed by your health care provider.

This handout includes selected information and may not include all side effects of this medication or interactions with other medications.

For Questions or Emergency Care:
Call the office at **601-984-5160**. You may need to speak with the doctor on-call.