

Prednisone

What it does:

- Prednisone is a medicine used to treat gout flares. Gout happens when tiny crystals build up in your joints, causing sudden pain, swelling, and redness — most often in the big toe, but it can affect other joints too.
- Prednisone helps calm the swelling so you feel better faster.

How it works:

- Prednisone is a steroid medicine (not the same as the steroids used to build muscles). It works by calming down your body's response to the crystals in your joints.
- This reduces swelling, redness, heat, and pain. It does not get rid of the crystals — it just treats the swelling they cause.
- Prednisone treats the flare but does not stop future flares. Talk to your doctor about how to manage gout long-term.

How to take it:

- Take prednisone once a day, or as told by your doctor or pharmacist.
- Take it with food to avoid an upset stomach.
- Take it in the morning, around 8 to 9 am, because this fits your body's natural rhythm best.
- If you miss a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed one. Do not take two doses at once.

Possible side effects:

Most side effects happen with higher doses or longer use. A short course for a gout flare has usually less side effects, but it may cause:

- More hunger and weight gain
- Trouble sleeping
- Mood changes — feeling restless, cranky, or worried
- Upset stomach or heartburn
- If you have diabetes, check your blood sugar more often while taking prednisone, as this medication will increase your blood sugars.
- Fluid build-up, swelling, and high blood pressure

Call your doctor if you have any of these:

- Fever or signs of infection
- Blood sugar that is much higher than normal.
- Sudden weight gain or more swelling
- Bad stomach pain
- Changes in your vision
- Unusual mood changes or confusion.