

## LONG TERM THERAPEUTIC GLUCOCORTICOIDS (STERIODS)

If you have been taking steroid medication for longer than three weeks:

- Always tell a new treating health professional you are taking steroids.
- If you have a mild illness with fever, contact your doctor. You may need to increase your steroid dose to \_\_\_\_\_ for 3 days. This is not necessary for a common cold with no fever.
- If you have a more severe illness or vomiting, diarrhoea contact your doctor or emergency department. You may not absorb your tablets and will need injections.
- Talk to your doctor before having any vaccinations or surgery.
- Do not stop taking steroids suddenly.
- Your doctor will explain how to reduce your dose slowly when you no longer need steroids.
- Even once you have finished taking steroids, you may need steroids when unwell. Talk to your doctor.
- If you are on a high dose of steroids, you may be prone to catching infections like chicken pox, shingles or measles. Avoid people who have these infections. Contact your doctor straight away if you come into contact with a person with these infections.