



## **Pre & Post Op Prednisone Taper**

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Prednisone 10 mg (***Pre & Post Op Taper***) Qty: 52

### **Pre Op** (before surgery)

- 4 Tablets (a total of 40mg per dose) once daily in the morning with food for 3 days  
Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

• **SURGERY DATE** \_\_\_\_\_ **Do not take any prednisone today**

### **Post-Op** (after surgery)

- 4 tablets (a total of 40mg per dose) once daily in the morning with food for 4 days  
Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- 3 tablets (a total of 30mg per dose) once daily in the morning with food for 4 days  
Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- 2 tablets (a total of 20mg per dose) once daily in the morning with food for 4 days  
Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_
- 1 tablets (a total of 10mg per dose) once daily in the morning with food for 4 days  
Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

### **Points to Remember:**

- Take prescribed dosage of medication at one time in the morning
- Take medication with a hearty breakfast
- Increase fluid intake while taking this medication
- Medication may cause irritability, weight gain due to fluid retention, difficulty sleeping
- At any time, if you cannot tolerate side effects and must discontinue medication, please call the office immediately for further direction from Dr. Shargorodsky 732.280.7855  
**DO NOT JUST STOP TAKING MEDICATION WITHOUT DIRECTION FROM A PHYSICIAN.**  
Depending on where you are, you must be tapered down and weaned off the medication.