

Any Additional Information:

Do you have any questions for your doctor, nurse or pharmacist? (Write them here)

Dexamethasone Tablets

Information Leaflet for Patients

Patient Name: _____

Discussed with (Healthcare Professional): _____

This leaflet provides you with general information about dexamethasone tablets. It tells you why you are taking them (people take them for different reasons), how it should be taken and things to be aware of when taking it. You should also speak to your own doctor, nurse or pharmacist about this medicine.

What is this medicine used for?

Dexamethasone can be used to treat many symptoms. You are being prescribed dexamethasone to/for:

How should I take this medicine?

Instructions



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Information Service



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- Take the tablets with some water.
- Take the tablets at about the same time each day, preferably in the morning.
- If you are taking a second dose in the same day it should be taken at lunchtime. If taken later on in the day it may cause you to sleep less well.
- Do NOT stop taking dexamethasone suddenly without telling your doctor. Your doctor may tell you to lower the amount of medicine you are taking gradually until you stop taking it altogether. If you stop taking this medicine too quickly, your condition may get worse.

If you forget to take your dexamethasone tablets....

Frequency of your dose	What to do?
One dose several times a day.	Take the missed dose as soon as you remember even if this means taking two doses at once.
One dose a day (preferably in the morning).	If you remember on the same day, take the missed dose as soon as possible. If you do not remember until the next day, just skip the missed dose and take only the dose for that day. Do not take a double dose.
One dose every two days (preferably in the morning).	If you remember on the same morning, take the missed dose as soon as possible. If you remember later in the day, wait and take the dose the next morning. Then miss a day and start your regular pattern again on the following morning.

Are there any side effects from taking dexamethasone tablets?

Yes, but only some patients suffer from side-effects.

Dexamethasone may affect your blood sugar levels. Dexamethasone may cause changes in your mood (including agitation). If you take dexamethasone for a long time, it may cause rounding of the face, neck and body, abnormal hair growth, weight gain, increased appetite. It may also increase your risk of getting an infection. Muscle weakness may occur.

If you are concerned about any side-effects that you feel may be due to taking dexamethasone, please discuss it with your doctor, nurse or pharmacist.

Other special warnings

- It is important to tell any healthcare professional treating you that you are taking dexamethasone.
- It is important to advise your pharmacist when you are buying any 'over-the-counter' medications that you are taking dexamethasone.
- Keep tablets out of the reach of children.
- When you start taking dexamethasone you may experience mood changes or vision effects. If you notice this, caution should be exercised in driving and operating machinery.
- Dexamethasone has been prescribed by your doctor for you. It should not be taken by anyone else.
- If your treatment is stopped by your doctor, you should return your medicine to your pharmacy.
- Always carry your steroid treatment card.