**ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240**

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

# Steroids

## Common indications for Use:

- Inflammation
- Pain (bone pain)
- Breathing difficulty
- Allergies
- Skin problems

## Medication Examples:

- **Prednisone**: (Deltasone)
- **Hydrocortisone** (Cortef): Topical or systemic steroid for allergic reactions, rashes, or inflammation.
- **Dexamethasone** (Decadron)

## Common Side Effects:

- Difficulty sleeping
- Mood changes
- **Long-term use:** Increased risk for infections, weight gain/increased blood sugars, and osteoporosis.

## Tips:

- **Administration:** Take in the morning-early afternoon to align with the natural cortisol rhythm and reduce insomnia.
- Take with food to avoid stomach upset.
- Monitor and report to hospice team signs of infection or unusual bruising.
- **Storage:** Store in a safe place, away from heat, sunlight, and moisture. Keep all medicines out of reach of children or pets.

St. Francis Reflections is always available to assist with any questions or concerns 24/7

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