

MEDICATION NAME:	CORTICOSTEROID PREDNISONE/PREDNISOLONE BRAND: DELTASONE, RAYOS, PREDNICOT, PREDNISONE INTENSOL, STERAPRED, OMNIPRED, AND STERAPRED DS.
HOW IS IT GIVEN:	Oral tablet or liquid. Administer after meals or with food or milk to decrease GI upset.
HOW DOES IT WORK:	Reduces destruction of antibody-coated platelets, thereby increasing effective platelet production. May also reduce ITP bleeding through a direct effect on the blood vessel.
COMMON DOSING REGIMENS:	1 - 2 mg/kg/d divided daily for a maximum of 21 days. Or 4 mg/kg/d divided twice daily for 4 days (maximum 60 mg twice daily). Doses up to 1 gram/day for 1 - 3 days have been used in emergent situations.
COMMON SIDE EFFECTS:	Mood swings, anger, anxiety, insomnia and other sleep disturbances, weight gain, Cushingoid faces (puffy and rounder facial features), stomach irritation, ulcers, high blood pressure, high blood sugar, skin changes including thinning and “senile purpura”, hair loss, and fluid retention.
RARE BUT SERIOUS SIDE EFFECTS:	With long-term use: osteoporosis (weakening of bones), avascular necrosis of hip, psychosis, cataracts, infections, adrenal insufficiency.
TYPICAL TIME TO RESPONSE:	Initial response 5-14 days. Peak response 7-21 days.
LIKELIHOOD OF INITIAL RESPONSE:	Approximately 75%. Higher response rate when used in combination with other agents.
LIKELIHOOD OF LONG-TERM RESPONSE (3-5 YEARS):	Platelet counts generally fall as the dose is reduced or the drug is discontinued. No evidence that long-term use leads to sustained response.
OTHER CONSIDERATIONS:	Mood alterations can affect social interactions.

References:

1. Matzdorff, A., Meyer, O., Ostermann, H., Krefeld, V., Eberl, W., Kuhn, T., Pabinger I., and Rommel, M. (2018). Immune Thrombocytopenia – Current Diagnostics and Therapy: Recommendations of a Joint Working Group of DGHO, OGHO, SGH, GPOH, and DGTI. *Oncology Research Treatment*. 41(suppl 5):1-30.
2. Platelet Disorder Support Association <https://www.pdsa.org/treatments/conventional/corticosteroids.html>
3. <https://www.chemoexperts.com/prednisone-itp.html>