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The Centre for GI Health

**ORAL STEROIDS**

## SIDE EFFECTS COMMONLY EXPERIENCED WITH ORAL STEROIDS

Oral steroids have many different medical applications and are extremely valuable drugs, however many side effects are reported. These include:

**Weight gain and appetite stimulation (usually reverses on withdrawal of drug)**

**Sleep disturbance (reduction in sleep)**

**Acne**

**Mood changes (Elation or Depression)**

**Fluid retention**

**Puffiness of the face**

**Reactivation of chronic viral infections**

**Bone thinning (Osteopenia, Osteoporosis - this is a longer term side effect and is not seen when the drug is used for short courses)**

**Adrenal gland suppression (for this reason drug therapy should never be immediately suspended but should be gradually tapered.)**

If side effects become unbearable, the drug dose may need to be reduced.  
Please contact your doctor in this instance.