

Oral Steroid Taper Tracking Sheet

Updated 3 July 2010

<http://www.ulcerativecolitis.org.uk/information sheets>

Steroid taper/reduction of steroids should always be done under the supervision of a doctor/consultant. This table provides a way of tracking the reduction – and any adverse symptoms. Please note that for the lower doses a supply of 1mg prednisolone tablets will be required.

Dose	Minimum days before next reduction	Date New Dose Started	Adverse Symptoms Requiring Action/Notes
40mg	6		
30mg	6		
25mg	6		
20mg	6		
15mg	6		
10mg	6		
8mg	5		
7mg	4		
6mg	4		
5mg	4		
4mg	4		
3mg	4		
2mg	4		
1mg	4		
Zero			