

# Steroid Sick Day Rules - Steroid Dosing for Life Events

	How to take your steroid tablets
<b>Vaccines</b>	<p>Continue to take your steroid at the normal dose.</p> <p>If you feel unwell after vaccination, follow the sick day rules.</p>
<b>Sports and exercise</b>	<p>Continue to take your steroid at the normal dose.</p> <p>Speak to your doctor before planning to take part in endurance sports (e.g. marathon etc.).</p>
<b>Mental and emotional stress (e.g. work pressures, exams, moving home, bereavement)</b>	<p>Continue to take your steroid at the normal dose.</p>
<b>Cosmetic procedures (e.g. piercings and tattoos).</b>	<p><b>Before procedure:</b> Continue to take your steroid at the normal dose. If procedure is likely to take a long time, 1 hour before the procedure take an extra Hydrocortisone 20mg or Prednisolone 5mg or Dexamethasone 0.75mg</p> <p><b>After procedure:</b> If you feel dizzy, drowsy, nauseous or sick, sweaty or shivery, take an extra Hydrocortisone 20mg or Prednisolone 5mg or Dexamethasone 0.75mg</p>
<b>Travelling abroad</b>	<p>Continue to take your prednisolone at the normal dose and time interval.</p> <p>Always take at least double the supplies that you need for the duration of your holiday. Keep at least one week's supply in your hand luggage.</p>