

# Corticosteroid Taperpacks



June 2015 P&T update:

Steroid dose pack dosing will be replaced by a **once-daily** dose. The total daily dose will be given as one dose in the mornings. Advantages of this strategy include mimicking the natural release of cortisol; less adrenal suppression; fewer reports of insomnia; added convenience and compliance.

Physicians specifically requested that an oral dose of steroid be given on the day that an injectable steroid is discontinued, rather than waiting until the next morning, in order to prevent break-through symptoms such as wheezing.

Procedure: use the diagrams below to determine the daily totals for the dosepack matching your order (daily totals highlighted in yellow on red). Enter the tapering daily doses as appropriate. If the order is received after the normal morning dose time, give the first day's dose ASAP.

**Methylprednisolone 4 mg x 6 days  
(Medrol Dosepak), 21 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	8 mg	4 mg	4 mg	8 mg	24 mg
DAY 2	4 mg	4 mg	4 mg	8 mg	20 mg
DAY 3	4 mg	4 mg	4 mg	4 mg	16 mg
DAY 4	4 mg	4 mg		4 mg	12 mg
DAY 5	4 mg			4 mg	8 mg
DAY 6	4 mg				4 mg

**Prednisone 5 mg x 6 days  
(Sterapred Uni-Pak), 21 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	10 mg	5 mg	5 mg	10 mg	30 mg
DAY 2	5 mg	5 mg	5 mg	10 mg	25 mg
DAY 3	5 mg	5 mg	5 mg	5 mg	20 mg
DAY 4	5 mg	5 mg		5 mg	15 mg
DAY 5	5 mg			5 mg	10 mg
DAY 6	5 mg				5 mg

**Methylprednisolone 1.5 mg x 6 days  
(DexPak TaperPak), 21 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	4.5 mg		4.5 mg		9 mg
DAY 2	4.5 mg		3 mg		7.5 mg
DAY 3	3 mg		3 mg		6 mg
DAY 4	3 mg		1.5 mg		4.5 mg
DAY 5	1.5 mg		1.5 mg		3 mg
DAY 6	1.5 mg				1.5 mg

**Prednisone 10 mg x 6 days  
(Sterapred Uni-Pak), 21 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	20 mg	10 mg	10 mg	20 mg	60 mg
DAY 2	10 mg	10 mg	10 mg	20 mg	50 mg
DAY 3	10 mg	10 mg	10 mg	10 mg	40 mg
DAY 4	10 mg	10 mg		10 mg	30 mg
DAY 5	10 mg			10 mg	20 mg
DAY 6	10 mg				10 mg

**Methylprednisolone 1.5 mg x 10 days  
(DexPak TaperPak), 35 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	4.5 mg		4.5 mg		9 mg
DAY 2	4.5 mg		3 mg		7.5 mg
DAY 3	4.5 mg		3 mg		7.5 mg
DAY 4	3 mg		3 mg		6 mg
DAY 5	3 mg		3 mg		6 mg
DAY 6	3 mg		1.5 mg		4.5 mg
DAY 7	3 mg		1.5 mg		4.5 mg
DAY 8	1.5 mg		1.5 mg		3 mg
DAY 9	1.5 mg		1.5 mg		3 mg
DAY 10	1.5 mg				1.5 mg

**Prednisone 5 mg x 12 days  
(Sterapred Uni-Pak), 48 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	10 mg	5 mg	5 mg	10 mg	30 mg
DAY 2	10 mg	5 mg	5 mg	10 mg	30 mg
DAY 3	10 mg	5 mg	5 mg	10 mg	30 mg
DAY 4	10 mg	5 mg	5 mg	10 mg	30 mg
DAY 5	5 mg	5 mg	5 mg	5 mg	20 mg
DAY 6	5 mg	5 mg	5 mg	5 mg	20 mg
DAY 7	5 mg	5 mg	5 mg	5 mg	20 mg
DAY 8	5 mg	5 mg	5 mg	5 mg	20 mg
DAY 9	5 mg			5 mg	10 mg
DAY 10	5 mg			5 mg	10 mg
DAY 11	5 mg			5 mg	10 mg
DAY 12	5 mg			5 mg	10 mg

**Methylprednisolone 1.5 mg x 13 days  
(DexPak TaperPak), 51 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	4.5 mg		4.5 mg		9 mg
DAY 2	4.5 mg		4.5 mg		9 mg
DAY 3	4.5 mg		4.5 mg		9 mg
DAY 4	4.5 mg		4.5 mg		9 mg
DAY 5	4.5 mg		3 mg		7.5 mg
DAY 6	3 mg		3 mg		6 mg
DAY 7	3 mg		3 mg		6 mg
DAY 8	3 mg		3 mg		6 mg
DAY 9	3 mg		1.5 mg		4.5 mg
DAY 10	1.5 mg		1.5 mg		3 mg
DAY 11	1.5 mg		1.5 mg		3 mg
DAY 12	1.5 mg		1.5 mg		3 mg
DAY 13	1.5 mg				1.5 mg

**Prednisone 10 mg x 12 days  
(Sterapred Uni-Pak), 48 tabs**

DAY	Before Breakfast	After Lunch	After Supper	Bedtime	Daily Total
DAY 1	20 mg	10 mg	10 mg	20 mg	60 mg
DAY 2	20 mg	10 mg	10 mg	20 mg	60 mg
DAY 3	20 mg	10 mg	10 mg	20 mg	60 mg
DAY 4	20 mg	10 mg	10 mg	20 mg	60 mg
DAY 5	10 mg	10 mg	10 mg	10 mg	40 mg
DAY 6	10 mg	10 mg	10 mg	10 mg	40 mg
DAY 7	10 mg	10 mg	10 mg	10 mg	40 mg
DAY 8	10 mg	10 mg	10 mg	10 mg	40 mg
DAY 9	10 mg			10 mg	20 mg
DAY 10	10 mg			10 mg	20 mg
DAY 11	10 mg			10 mg	20 mg
DAY 12	10 mg			10 mg	20 mg