

NEWTON WELLESLEY ORTHOPEDIC ASSOCIATES, INC.

MEDROL DOSEPAK INFORMATION SHEET

You have been prescribed a Medrol Dosepak as treatment for your symptoms. The Medrol Dosepak is a tapering dose of steroid over a period of six days. It contains a steroid that is normally manufactured in the body by the adrenal glands. Steroids are powerful anti-inflammatories and can often alleviate the symptoms of sciatica or a pinched nerve. Typically, patients notice improvement within 72 hours of starting the Medrol Dosepak.

Like any medication, patients can experience side effects while taking the Medrol Dosepak. Patients with a history of **glaucoma**, **diabetes** or uncontrolled **high blood pressure** should not take the Medrol Dosepak, as these conditions can be worsened by steroids. Patients may experience difficulty sleeping, mood swings, or increased appetite while on the Medrol Dosepak. There is one study that suggests a slightly increased risk (less than 1%) of avascular necrosis of the hip with *total* doses of steroid greater than 200 mgs. Avascular necrosis is a condition where the blood supply to the hip is interrupted causing pain and if untreated, damage to the hip joint. The Medrol Dosepak contains a total of 84 mgs. of steroid, thus, patients would have to take three or more dosepaks in a row to be at the level of steroid use discussed in the study.

Most patients tolerate the Medrol Dosepak without difficulty and experience some improvement in their symptoms. We ask that you call the office once you have completed the medication to report your progress.