5. How to store Dexamethasone

This medicine should be stored to keep it dry. If you are taking any medicines which contain alcohol, you should avoid contact with anybody who has chickenpox, shingles or a cold sore because you may get a worse infection if you do. If you have any questions, ask your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. This is important, even if their signs are mild.

Diuretics (water tablets)

If you are receiving treatment.

2. What you need to know before you take Dexamethasone

If a child is taking this medicine, it is important that the doctor has told you about all the possible side effects of this medicine. Usually they start within a few days or weeks of starting treatment. They are more likely to happen at high doses. They are more likely to happen in the skin (e.g. pemphigus vulgaris), diseases of blood (e.g. von Willebrand’s disease), and other conditions in which there is bleeding or a tendency to bleed. The use of this medicine increases the risk of infections. Treatment with this medicine may cause tendon problems. It is important that you notify your doctor if you have any of these problems.

3. How to use and handle Dexamethasone

2. What you need to know before you take Dexamethasone

3. How to use and handle Dexamethasone

Diabetes

You may be at an increased risk of serious side effects if you were taking these medicines:

First, read the package leaflets of all medicines prescribed for you.

You may also find that your doctor will reduce the amount of salt in your diet and give you a potassium supplement whilst you are taking this medicine. You should only take your doctor’s advice on the use of your medicines if you are receiving treatment that you are taking or have taken steroids.

If you have diabetes or there is a family history of diabetes, you should notify your doctor if you have any of these problems.

If you take any other medicines, tell your doctor or pharmacist.

If you are receiving treatment.

If you are a female who has been through the menopause, you may be at an increased risk of serious side effects if you were taking these medicines:

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Dexamethasone is a glucocorticoid. Glucocorticoids are hormones produced by the cortex of adrenal glands. They are used in the body for regulating metabolism and for providing the body with energy. These medicines are more likely to cause serious side effects if you take them with other medicines that are used to treat high blood pressure.

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If you have any questions, ask your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. This is important, even if their signs are mild.
Life-threatening side effects
Life-threatening side effects are those that require immediate medical attention to save your life. If you experience any of these, call the emergency services or go to the nearest hospital immediately:

- Severe low blood pressure
- Profound muscle weakness and fatigue
- Extremely low blood pressure
- Fever, dehydration, and confusion
- Changes to the number and movement of sperm
- Changes to bone density
- Painful itchy skin nodules
- Inflammation and ulcers in the oesophagus

Other side effects
Other side effects may also occur, which may affect any of the systems or organs mentioned in the following table. If any of these side effects occur, talk to your doctor or pharmacist as soon as possible.

<table>
<thead>
<tr>
<th>Side effect</th>
<th>Frequency</th>
<th>Description</th>
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<tr>
<td>Weight gain or fluid retention</td>
<td>Common</td>
<td>Often due to sodium retention, sometimes severe with extensive use.</td>
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<td>Stomatitis; pain and swelling of the throat or tongue</td>
<td>Rare</td>
<td>Potentially life-threatening allergic reaction (which may be fatal).</td>
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<td>Changes in menstrual cycle or development of breasts</td>
<td>Rare</td>
<td>Irregular periods, amenorrhea, no development of breasts.</td>
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<tr>
<td>Impairment of the body's regulation of hormones</td>
<td>Rare</td>
<td>Thinning of delicate skin, unusual marks on the skin, etc.</td>
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<tr>
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<td>Rare</td>
<td>Thromboembolic complications (thromboembolic complications)</td>
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Reporting of side effects
If you think you have experienced any side effect of this medicine that may be related to your treatment, talk to your doctor or pharmacist as soon as possible. Some side effects may indicate a serious reaction.

The medicine and its packaging contain information on the risks involved. If you have any further questions on the use of this medicine or the side effects, talk to your doctor or pharmacist as soon as possible.

4. Possible side effects

Life-threatening side effects: Life-threatening side effects are those that require immediate medical attention to save your life. If you experience any of these, call the emergency services or go to the nearest hospital immediately:

- Severe low blood pressure
- Profound muscle weakness and fatigue
- Extremely low blood pressure
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Prescribing physicians should evaluate which dose is appropriate for each patient. The lowest effective dose should be used when prescribing Dexamethasone for patients with acute or chronic conditions. It is important that you consult your doctor's advice if you are not sure about the dose or the correct treatment protocol.

5. How to take Dexamethasone

Always follow your doctor's advice about how to take Dexamethasone. Do not stop taking Dexamethasone without talking to your doctor. Even if you feel much better or think you no longer need Dexamethasone, it is important to follow your doctor's advice about how to stop taking it.

If you forget to take a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you missed and take your next dose as usual.

If you take more Dexamethasone than you should, you may need to talk to your doctor. The amount you should take may need to be changed. If you still have the symptoms of the condition you were being treated for, you may need to be treated for a longer period of time than you expected. Talk to your doctor about whether you should continue taking Dexamethasone.

If you stop taking Dexamethasone too quickly, any of the following symptoms may occur:

- Low blood pressure
- Profound muscle weakness and fatigue
- Extremely low blood pressure
- Fever, dehydration, and confusion
- Changes to the number and movement of sperm
- Changes to bone density

If your treatment is to be stopped follow your doctor's advice. Your doctor may recommend a tapering dose to help reduce the risk of withdrawal symptoms. A tapering dose is a dose that is gradually reduced over a period of time to allow your body to adapt to the reduced dose. If you tapered off your medication too quickly, talk to your doctor about how to correct the situation.

Each tablet contains 40 mg Dexamethasone.

Each tablet contains 20 mg Dexamethasone.