Read all of this leaflet carefully before you start taking this medicine, because it contains important information for you.

1. What Hydrocortisone tablets are and what they are used for

Hydrocortisone tablets contain a medicine called hydrocortisone. This belongs to a group of medicines called ‘steroids’. Their full name is corticosteroid (such as Hydrocortisone tablets) is an effective way to treat various illnesses involving inflammation in the body.

Hydrocortisone tablets reduce this inflammation, which could otherwise go on making your condition worse. You must take this medicine regularly to get the maximum benefit. It is usually given in doses which are changed gradually.

2. What you need to know before you take Hydrocortisone tablets

Hydrocortisone can cause side effects in some people. Your doctor will monitor you to make sure that you do not experience any major problems.

If you have an accident, fall ill or see a different doctor while taking Hydrocortisone tablets, show them your steroid card or tell whoever is treating you. These cards have the details of the medicine you are taking and who your doctor is, in case of an emergency.

All patients taking steroids for more than three weeks should carry a ‘steroid card’. If you develop any new infections whilst taking these tablets. Taking hydrocortisone for a long period of time increases your chance of getting infections, which might be worse than normal and may very rarely be fatal.

You should see your doctor if you develop any new infections whilst taking these tablets. Taking hydrocortisone for a long period of time increases your chance of getting infections, which might be worse than normal and may very rarely be fatal.

3. How to store Hydrocortisone tablets

Keep this leaflet. It contains important information about your medicine.

4. Things to be careful about when stopping Hydrocortisone tablets

If you have any cold symptoms, cough, sneezing, loss of appetite, fever, chills, aches, pains, or any other cold or flu-like symptoms, you may need to reduce the dose gradually.

If you take this medicine for more than 3 weeks, you will be given a blue ‘steroid card’ which is available from your doctor or pharmacist. Your local health authority will keep a notes of the medicine you are taking and who your doctor is. This helps the doctor to check if you are taking the right medicine.

If you have taken this medicine and feel unwell, you should see your doctor straight away. If you need to stop taking it, see your doctor straight away.

If you take this medicine for more than 3 weeks, you will be given a blue ‘steroid card’. If you feel unwell, you should see your doctor straight away.
The other ingredients are lactose monohydrate, potato starch, gelatin, talc, sodium starch glycolate and magnesium stearate.

The active substance is hydrocortisone. Each tablet contains 10 mg of hydrocortisone.

What Hydrocortisone tablets contain use. These measures will help protect the environment.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer

Keep this medicine out of the sight and reach of children.

www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Reporting of side effects

This includes any side effects not listed in this leaflet.

Dry eyes.

• blurred vision

• bulging eyes

Effects on your eyes

• Kaposi's sarcoma (a type of cancer) has also been reported to occur in patients receiving corticosteroids. However, once the treatment is

stopped, this may go away.

• stretch marks.

• thin or delicate skin, bruising, red or purple spots

Effects on your skin

• low adrenal gland function which reduces the production of steroids in your body (particularly after surgery, an accident or illness).

• increased appetite and weight gain

• increased hair on the body and face in women

• irregular or no periods in women

Effects on your body water and salts

• aseptic necrosis (joint inflammation in the knee and groin)

• breakdown of bone due to poor circulation of blood (pain in the hip)

• muscle weakness or wasting

• bloating.

• indigestion

• swollen abdomen

Tell your doctor if you experience any of the following:

• feeling, seeing or hearing things which do not exist (hallucinations). Having strange and frightening thoughts, changing how you act or

• feeling anxious, irritated, having problems while sleeping, difficulty in thinking or being confused and losing your memory

• feeling high (mania) or moods that go up and down

• general discomfort.

Tell your doctor straight away if you notice any of these problems or if you think you are at increased risk of infection

It is dangerous to reduce your dose of Hydrocortisone tablets too quickly.

If you stop taking Hydrocortisone tablets

• do not take a double dose to make up for a forgotten dose.

• take the next dose as normal

• if you forget to take your dose, skip the missed dose

If you forget to take Hydrocortisone tablets

• the doctor will monitor your child's growth and development.

Use in children and adolescents

The usual dose for children is 60-80 mg every 4-6 hours for 24 hours then gradually lowering the dose over several days.

In children and adolescents

• the dose of this medicine should be reduced in children. In 165 diabetic children the dose was cut in half.

• the doctor will judge the child's growth and development.

Driving and using machines

This medicine contains lactose, which is a type of sugar. If you have been told by your doctor that you have an intolerance to some sugars,

Changes in your eyesight or muscle weakness may also happen. If you are affected, do not drive or operate machinery.