



VICTUM VESTRI VITA

STEROID INFORMATION AND CONSENT FORM

Glucocorticosteroids (steroids) in oral or injectable preparations (e.g. prednisone, Medrol, Solu-Medrol, Orapred, Pediapred) are commonly used to treat many diseases including allergic reactions, skin disease, and asthma. While topical steroids such as inhaled and intranasal steroids are also glucocorticosteroids, they are delivered directly rather than orally or systemically and thus have much reduced side effects. These medications should only be taken if advised by Dr. ORLANDO V GONZALEZ. Oral steroids are prescribed only when their benefit outweighs their risks.

Side effects from oral and injectable steroids usually occur after prolonged use with high doses. However, prolonged low doses of oral steroids or high doses of inhaled steroids can cause undesired side effects in some patients.

Side effects that may occur include weight gain secondary to fluid retention and increased appetite; muscle weakness; joint aching; softness of the bones that may lead to bone fractures, especially of the back and hips (aseptic necrosis of the hip); possible exacerbation of stomach ulcers and gastro-esophageal reflux; easy bruising; poor wound healing and thinning of the skin; menstrual irregularities; impaired growth in children (Chronic illnesses also impair growth.); exacerbation of pre-existing diabetes mellitus; and suppression of the adrenal gland function. The adrenal gland function returns when steroids are stopped or taken in a very low dose. If steroids are taken for an extended time, they must be gradually tapered, not abruptly stopped. Other potential side effects include cataracts, exacerbation of pre-existing or impending glaucoma, and psychological disturbances such as euphoria, irritability, depression, and hallucinations.

When patients have been on steroids for several weeks or longer, they may notice various symptoms when the drug is decreased or stopped. These include fatigability, lethargy, weakness, depression, and various aches and pains especially in the joints and muscles. These symptoms usually resolve over a period of several days or weeks. During a stressful situation, such as surgery, steroids may need to be restarted if you have used any oral or injectable steroids within the previous 6 months. If you have had TB or a positive skin test for TB you will need to advise Dr. ORLANDO V GONZALEZ before receiving the steroids as pulmonary tuberculosis may rarely be reactivated after taking steroids. Please advise Dr. Wallace if you are pregnancy or could be pregnant. In general steroids are safe if taken during pregnancy when required.

Steroids can cause some general suppression of the immune system. This could affect the way your body handles some infections such as Varicella, the virus that causes chicken pox. If you have not had chicken pox and are exposed to someone infected with chicken pox, please notify Dr. ORLANDO V GONZALEZ immediately. Avoid taking any live vaccines, e.g. measles and yellow fever until off the oral or injected steroids.

I have read this information sheet on steroids and understand the risks of taking steroids. I have had an opportunity to ask questions regarding my treatment with steroids and the potential side effects as well as the risks of not taking this medication. I agree to take this medication as advised.

(Check if you agree) I recognize that my medical condition may require steroids in the future after completion of this course of treatment. I acknowledge that this consent form will also pertain to future treatments with steroids and I will not need to sign another consent form.

Patient Name: \_\_\_\_\_

Patient or legal guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

CORPORE SANO SPORTS MEDICINE & REGENERATIVE ORTHOPEDICS  
60 COLUMBUS DR.  
2<sup>ND</sup> FLOOR  
JERSEY CITY, NJ 07302  
855-710-5433