

YOUR MEDROL DOSEPAK GUIDE

Medrol DosePak

A 6-day tapering course of methylprednisolone to quickly reduce inflammation. Here's everything you need to know.

MEDICATION: Methylprednisolone 4mg

DURATION: 6 Days

TABLETS: 21 Total

01 THE BASICS

What is a Medrol DosePak?

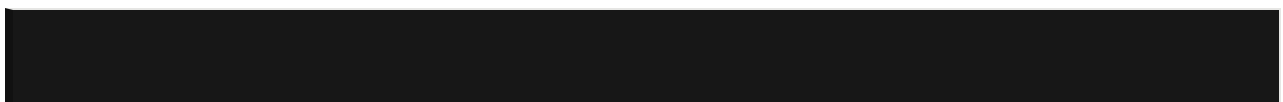
The Medrol DosePak is a pre-packaged 6-day course of methylprednisolone, a corticosteroid that rapidly reduces inflammation and suppresses overactive immune responses.

It's commonly prescribed for acute flare-ups of inflammation such as allergic reactions, joint pain, skin conditions, respiratory inflammation, and musculoskeletal injuries. The tapering schedule starts with a higher dose and gradually decreases, allowing your body to adjust naturally.

02 DOSING SCHEDULE

6-day taper schedule

Take all tablets with food. Follow this exact schedule — do not skip doses or stop early.



DAY	TABLETS	WHEN TO TAKE
Day 1	6 tablets 24mg	2 at breakfast, 1 at lunch, 1 at dinner, 2 at bedtime
Day 2	5 tablets 20mg	1 at breakfast, 1 at lunch, 1 at dinner, 2 at bedtime
Day 3	4 tablets 16mg	1 at breakfast, 1 at lunch, 1 at dinner, 1 at bedtime
Day 4	3 tablets 12mg	1 at breakfast, 1 at lunch, 1 at bedtime
Day 5	2 tablets 8mg	1 at breakfast, 1 at bedtime
Day 6	1 tablet 4mg	1 at breakfast

Important

Always take with food or milk to reduce stomach irritation. Complete the entire 6-day course even if you feel better before it's finished.

03 HOW IT WORKS

What methylprednisolone does

Methylprednisolone is a powerful anti-inflammatory that works at the cellular level.

Reduces Inflammation

Blocks the production of inflammatory chemicals (prostaglandins, leukotrienes) that cause swelling, redness, and pain.

Calms Immune Response

Suppresses overactive immune reactions — helpful for allergic flare-ups, autoimmune responses, and acute inflammation.

Rapid Relief

Most patients notice significant improvement within 24-48 hours. The high starting dose provides fast symptom control.

Gradual Taper

The decreasing dose schedule allows your body's natural cortisol production to resume smoothly without rebound effects.

04 INSTRUCTIONS

How to take your Medrol DosePak

1

TAKE WITH FOOD

Always take tablets with a meal or a snack. This protects your stomach lining and improves absorption.

2

FOLLOW THE SCHEDULE EXACTLY

The blister pack is labeled by day and time. Follow it precisely — the taper is designed to be completed in full.

3

STAY HYDRATED

Drink plenty of water throughout the course. Corticosteroids can cause mild fluid retention and increased thirst.

4

DON'T STOP EARLY

Even if your symptoms resolve before Day 6, complete the full taper. Stopping abruptly can cause rebound inflammation or adrenal issues.

What to expect

Here's what most patients experience during the 6-day course.

DAY 1-2

Highest dose days. Noticeable reduction in pain, swelling, and inflammation. You may feel increased energy or mild restlessness.

DAY 5-6

Final taper days. Low dose allows your body to resume its natural cortisol production. Symptoms should be well-controlled.

DAY 3-4

Continued improvement. Inflammation continues to decrease as the dose tapers. Most patients feel significantly better by now.

AFTER COMPLETION

Effects continue for several days after finishing. If symptoms return, contact your provider — a follow-up plan may be needed.

Important safety

information

TELL YOUR PROVIDER IF YOU:

- ✗ Are pregnant or breastfeeding
- ✗ Have diabetes (steroids can raise blood sugar)
- ✗ Have a history of stomach ulcers or GI bleeding
- ✗ Have an active infection
- ✗ Are taking blood thinners or NSAIDs
- ✗ Have high blood pressure or heart conditions

POSSIBLE SIDE EFFECTS:

- Increased appetite
- Difficulty sleeping (insomnia)
- Mood changes or restlessness
- Mild stomach upset
- Elevated blood sugar
- Fluid retention or bloating
- Increased sweating

Most side effects are mild and resolve as the dose tapers down. Contact your provider if you experience severe mood changes, vision problems, or signs of infection.

WHILE TAKING MEDROL DOSEPAK, AVOID:

Alcohol

Can increase stomach irritation and ulcer risk

NSAIDs

Ibuprofen, aspirin, and naproxen increase GI bleeding risk

Live Vaccines

Avoid vaccinations during treatment without consulting your provider

Important: This guide is for informational purposes only and does not replace personalized medical advice. Follow your provider's specific instructions. Contact Range Medical if you have questions or concerns during your course.

Questions? We're here.

If you experience any unexpected side effects or your symptoms don't improve, reach out to our team.

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