

Hydrocortisone

About This Medicine

Hydrocortisone is a steroid that may be used to treat cancer or to decrease inflammation. It is given in the vein (IV), as an injection in your muscle (intramuscularly) or orally (by mouth).

Possible Side Effects

- Increased sweating
- Nausea
- Aggravation of stomach ulcers (sores that may cause pain or bleeding in the digestive tract)
- Pain or swelling in your abdomen
- Weight gain
- Increased appetite (increased hunger)
- Mood changes, which may include depression or a feeling of extreme well-being
- Trouble sleeping
- Feeling restless (unable to relax)
- Headache
- Changes to your skin
- Swelling of the hands, feet, or any other part of the body. You may have facial swelling (moon face).

Note: *Not all possible side effects are included above.*

Warnings and Precautions

- Risk of severe and life-threatening infections
- Allergic reactions, including anaphylaxis are rare but may happen in some patients. Signs of allergic reaction to this medicine may be swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, do not take another dose of this medicine. You should get urgent medical treatment.**
- If you have a history of heart disease, you may be at an increased risk of congestive heart failure - your heart is not pumping blood as well as it should be, and fluid can build up in your body.
- Severe high blood pressure
- Severe sores that may cause pain or bleeding in the digestive tract that may cause an abnormal hole in your stomach and intestine which can be life-threatening.

- Blood sugar levels may change
- Effects on the endocrine system, including the pituitary, adrenal, and thyroid glands. Some hormones may not be produced. Your doctor may prescribe replacement steroids.
- Changes in your pancreas function
- Severe muscle weakness
- Severe changes in mood, which may include depression, personality changes, insomnia, and euphoria.
- Vision changes. You may also be at risk for cataracts (clouding of lens in your eye), glaucoma or infections of the eye
- Increased risk of developing osteoporosis – your bones may become weak and brittle
- A rare type of sarcoma has been reported
- Increased white blood cells
- Blood clots and events such as stroke and heart attack. A blood clot in your leg may cause your leg to swell, appear red and warm, and/or cause pain. A blood clot in your lungs may cause trouble breathing, pain when breathing, and/or chest pain.

Important Information

- Talk to your doctor or your nurse before stopping this medicine, it should be stopped gradually. You could experience serious side effects if stopped abruptly (suddenly).
- Talk to your doctor before receiving any vaccinations during your treatment. Some vaccinations are not recommended while receiving hydrocortisone.
- Hydrocortisone may cause slow wound healing.

How to Take Your Medicine

- **For Oral (by mouth):** You can take the medicine with or without food. If you have nausea or an upset stomach, take it with food. If you are taking this medicine once a day, take it in the morning.
- **Missed dose:** If you vomit or miss a dose, contact your doctor for further instructions. Do not take 2 doses at the same time or extra doses.
- **Handling:** Wash your hands after handling your medicine, your caretakers should not handle your medicine with bare hands and should wear latex gloves.
- **Storage:** Store this medicine in the original container at room temperature. Discuss with your nurse or your doctor how to dispose of unused medicine.

Treating Side Effects

- Drink enough fluids to keep your urine pale yellow.
- To help with nausea, eat small, frequent meals instead of three large meals a day. Choose foods and drinks that are at room temperature. Ask your nurse or doctor about other helpful tips and medicine that is available to help stop or lessen these symptoms.
- If you have diabetes, keep good control of your blood sugar level. Tell your nurse or your doctor if your glucose levels are higher or lower than normal.



- To help with muscle weakness, get regular exercise, with your doctor's approval. If you feel too tired to exercise vigorously, try taking a short walk.
- Keeping your pain under control is important to your well-being. Please tell your doctor or nurse if you are experiencing pain.

Food and Medicine Interactions

- This medicine may interact with grapefruit or grapefruit juice. Talk to your doctor as this could make side effects worse.
- Check with your doctor or pharmacist about all other prescription medicines and over-the-counter medicines and dietary supplements (vitamins, minerals, herbs, and others) you are taking before starting this medicine as there are known medicine interactions with hydrocortisone. Also, check with your doctor or pharmacist before starting any new prescription or over-the-counter medicines, or dietary supplements to make sure that there are no interactions.
- This medicine may interact with blood thinning medicine such as warfarin. Ask your doctor what precautions you should take.
- There are known interactions of hydrocortisone with aspirin and nonsteroidal anti-inflammatory agents (NSAIDs) such as ibuprofen. Ask your doctor what over-the-counter (OTC) medicines you can take.

When to Call the Doctor

Call your doctor or nurse if you have any of these symptoms and/or any new or unusual symptoms:

- Fever of 100.4° F (38° C) or higher
- Chills
- Tiredness or muscle weakness that interferes with your daily activities
- Trouble falling or staying asleep
- A headache that does not go away
- Feel irritable, nervous or restless
- Feeling abnormally well
- Lose interest in your daily activities that you used to enjoy and feeling this way every day, and/or you feel hopelessness.
- Blurry vision or other changes in eyesight
- Feeling that your heart is beating fast or in a not normal way (palpitations)
- Wheezing and/or trouble breathing
- Chest pain or symptoms of a heart attack. Most heart attacks involve pain in the center of the chest that lasts more than a few minutes. The pain may go away and come back. It can feel like pressure, squeezing, fullness, or pain. Sometimes pain is felt in one or both arms, the back, neck, jaw, or stomach. **If any of these symptoms last 2 minutes, call 911.**
- Symptoms of a stroke such as sudden numbness or weakness of your face, arm, or leg, mostly on one side of your body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, feeling dizzy, loss of balance or coordination; or



sudden, bad headache with no known cause. **If you have any of these symptoms for 2 minutes, call 911.**

- Nausea that stops you from eating or drinking or relieved by prescribed medicine
- Throwing up more than 3 times a day
- Severe abdominal pain that does not go away
- Difficulty swallowing
- Pain along the digestive tract, especially if worse after eating
- Blood in your vomit (bright red or coffee-ground) and/or stools (bright red, or black/tarry)
- Coughing up blood
- Swelling of the hands, feet, or any other part of the body
- Weight gain of 5 pounds in one week (fluid retention)
- Abnormal blood sugar
- Unusual thirst, passing urine often, headache, sweating, shakiness, irritability
- Your leg is swollen, red, warm and/or painful
- Signs of infection: fever or chills, cough, trouble breathing, severe pain in your abdomen, difficulty urinating, burning or pain when you pass urine, redness and/or swelling of the skin
- Signs of allergic reaction: swelling of the face, feeling like your tongue or throat are swelling, trouble breathing, rash, itching, fever, chills, feeling dizzy, and/or feeling that your heart is beating in a fast or not normal way. **If this happens, call 911 for emergency care.**
- If you think you may be pregnant

Reproduction Warnings

- **Pregnancy warning:** It is not known if this medicine may harm an unborn child. For this reason, be sure to talk with your doctor if you are pregnant or planning to become pregnant while receiving this medicine. Let your doctor know right away if you think you may be pregnant.
- **Breastfeeding warning:** It is not known if this medicine passes into breast milk. For this reason, women should talk to their doctor about the risks and benefits of breastfeeding during treatment with this medicine because this medicine may enter the breast milk and cause harm to a breastfeeding baby.
- **Fertility warning:** Fertility studies have not been done with this medicine. Talk with your doctor or nurse if you plan to have children. Ask for information on sperm or egg banking.

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