

Guidance on Issuing Steroid Cards

This advice has been produced by the Forth Valley Airways Group

Inhaled Steroids

Steroid Cards should be issued to the following patients^{1,2,3}

	Inhaled Steroid	Threshold Dose (per day)
Adults	Beclometasone	Dose > 1000mcg ⁴
	Budesonide	Dose > 800mcg ⁴
	Fluticasone	Dose > 500mcg ⁴
	Mometasone (<i>Non – Formulary</i>)	Dose > 800mcg ⁴
	Ciclesonide (<i>Non – Formulary</i>)	Dose > 320mcg ⁴ Unlicensed dose
Children	Beclometasone	Dose > 400mcg ¹ (age not stated)
	Budesonide	Dose > 800mcg ¹ (12 years and under)
	Fluticasone	Dose > 400mcg ¹ (4-16 years)
	Mometasone (<i>Non – Formulary</i>)	Dose > 800mcg ¹ (12-16 years)
	Ciclesonide (<i>Non – Formulary</i>)	Dose > 320mcg ⁴ (12-16 years) Unlicensed dose

Systemic Steroids

Steroid Cards should be issued to the following patients^{1,2,3}

Adults
<ul style="list-style-type: none"> Receiving repeated courses, 2-3 courses per year (particularly if taken for longer than 3 weeks) Taking a short course within 1 year of stopping long-term therapy Receiving more than 40mg prednisolone daily (or equivalent) Receiving repeated doses in the evening Receiving more than 3 weeks treatment Patients with other possible causes of adrenal suppression
Children
<ul style="list-style-type: none"> As above except⁵: <ul style="list-style-type: none"> Receiving more than 20mg prednisolone daily for children < 5 years Receiving more than 30mg prednisolone daily for children > 5 years

These patients are at risk of disease relapse and/or hypoadrenalism if treatment is withdrawn rapidly²
Chemotherapy Patients – Acute Pharmacy Services.

Pharmacists providing clinical check on chemotherapy prescriptions will endorse any prescription that requires a steroid card to be given.

References:1. CSM. Current problem in pharmacovigilance. May 2006; 31:5 2. Scottish Executive. Steroid treatment cards. SEHD/CMO (2006) 10. 26th July 2006 3. BNF 52. BMJ/RPS. September 2006 4. GINA Guideline 2006 5. Personal correspondence. Dr. McFadyen. Consultant Paediatrician. Stirling Royal Infirmary. 27.10.2006. Lead Pharmacist Clare Colligan **Review August 2014**