

Shingles

Take prednisone to decrease pain of herpes zoster. Take steroids with food. Stop if any abdominal pain or black or bloody stools. Avoid any nonsteroidals or aspirin. Take tylenol for pain per bottle instructions Take acyclovir as prescribed 5 times a day. For break thru pain take tramadol and robaxin but they will make you sleepy. Return any new or worsening symptoms

prednisone 30mg po bid x7 days then 15mg po bid days 8-14 then 7.5mg bid days 15-21 disp QS