Purpose:
Prednisone is used to rapidly stop the occurrence of cluster headaches. It is used as a “transition” medication until safer long-term preventive medications take effect.

Administration of Prednisone for Acute Cluster Headaches:
- Take 20 mg. 3 times per day (total daily dose = 60 mg) for 1st 3 days.
- On the 4th day, take 55 mg. (5½ x 10 mg. tablets).
- On the 5th day take 50 mg. (5 x 10 mg.)
- Continue reducing the dose by 5 mg (½ tablet) each day until you are off the medication.

- Higher daily doses should be divided into 2 or 3 doses per day taken with meals or milk.

- If any hint of a headache returns as you are decreasing the dose, go back up to the higher dose you took the previous day and continue that dose for 3 days. After 3 days, resume reducing the dose by 5 mg.(½ tablet) each day.

- Please call our office if you have any questions or problems.

Possible side effects:
- Muscle weakness or muscle ache
- Osteoporosis & breakdown of bone in the hips
- Ulcers (stomach or duodenal)
- Impaired wound healing
- Facial swelling
- Insomnia
- May aggravate diabetes
- May aggravate high blood pressure by salt retention

Warning: Prednisone has many severe side effects. It should be taken at the lowest possible dose and not for more than 3 weeks. If your headaches are continuing you will need to be seen in the office. Our goal is cluster headache reduction WITHOUT prolonged and dangerous steroid (prednisone) use!