



NEPHROLOGY

# Medication and urine test record

For parents and carers of children  
with Nephrotic Syndrome



## Prednisolone course

The first course of prednisolone lasts three months with reductions in medication every few weeks. The change from daily prednisolone therapy to alternate daily therapy is made after the first month. If your child does not enter remission after three to four weeks your doctor may organise other therapy and additional tests.

The treatment of second and subsequent episodes of nephrotic syndrome (relapses) involves two to three months of treatment, with reduction in medication every two weeks. You may also be instructed to give prednisolone to prevent a relapse at the onset of an infection.

Prednisolone is supplied by the chemist on prescription in either 25mg or 5mg tablets or in a suspension (Pred-mix) 5mg/ml.

### When to call the doctor

Call the Nephrology office or the doctor on call if:

- your child has proteinuria (3+ or 4+ on dipstick) for four consecutive days
- your child has proteinuria (1+ -2+ on dipstick) for seven consecutive days
- your child has gained more than 3kg during a relapse
- your child has cold hands and feet, or abdominal pain during a relapse
- your child has fever or vomiting whilst on treatment
- your child has had an exposure to chickenpox whilst on treatment.

### 1st episode

Give	mg daily for	4 weeks
Then	mg every second day for	4 weeks
Then	mg every second day for	10 days
Then	mg every second day for	10 days
Then	mg every second day for	10 days

### 2nd episode

Give	mg daily until urine trace/neg protein for	days
Then	mg every second day for	days
Then	mg every second day for	days
Then	mg every second day for	days
Then	mg every second day for	days

### Alternative regime

Give	mg daily until urine trace/neg protein for	days
Then	mg every second day for	days
Then	mg every second day for	days
Then	mg every second day for	days
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Give	mg daily until urine trace/neg protein for	days
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## Proteinuria record

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## Useful links

**How to test your urine for protein (video):**  
[www.rch.org.au/nephrology/Nephrotic\\_syndrome/](http://www.rch.org.au/nephrology/Nephrotic_syndrome/)

**Nephrotic Syndrome Information book  
for parents and carers:**  
[www.rch.org.au/uploadedFiles/Main/Content/nephrology/  
publication-nephrotic-syndrome-information-and-record-book.  
pdf](http://www.rch.org.au/uploadedFiles/Main/Content/nephrology/publication-nephrotic-syndrome-information-and-record-book.pdf)

**Nephrotic Syndrome Record book for parents and carers:**  
[www.rch.org.au/uploadedFiles/Main/Content/nephrology/  
publication-nephrotic-syndrome-record-book.pdf](http://www.rch.org.au/uploadedFiles/Main/Content/nephrology/publication-nephrotic-syndrome-record-book.pdf)

## Contact information

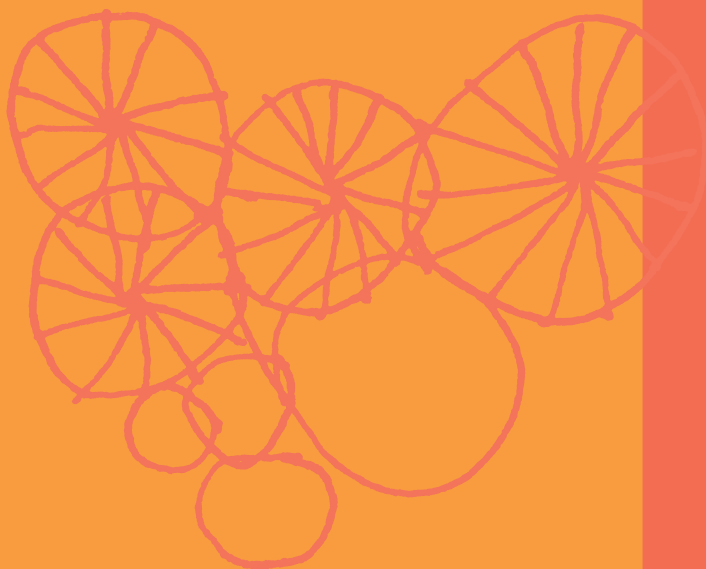
### Telephone

The Royal Children's Hospital Nephrology department  
Monday to Friday 9am–5pm (03) 9345 5054

The Royal Children's Hospital switchboard after hours  
and ask to speak with on-call Nephrologist (03) 9345 5522

## Email

[kidney@rch.org.au](mailto:kidney@rch.org.au) for non-urgent inquiries



## **Nephrology**

The Royal Children's Hospital Melbourne  
50 Flemington Road Parkville  
Victoria 3052 Australia  
Telephone +61 3 9345 5054  
[www.rch.org.au/nephrology](http://www.rch.org.au/nephrology)