

Nephrology

Nephrotic Syndrome

Record book for parents and carers

Nephrology

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

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.

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.

1st episode

| | | |
|------|-------------------------|-----------|
| Give | mg daily for | one month |
| Then | mg every second day for | one month |
| Then | mg every second day for | one month |
| Then | mg every second day for | one month |
| Then | mg every second day for | one month |
| Then | mg every second day for | one month |

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 |
| Then | mg every second day for | days |

Alternative regime

| | | |
|------|--|------|
| Give | mg daily until urine trace/neg protein for | days |
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Proteinuria record

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Contact information

Telephone

Call 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 5054

Email

nephrology.dept@rch.org.au for non-urgent inquiries