

Dexamethasone Taper Education

What Does Dexamethasone Tapering Mean?

You may need to continue taking Dexamethasone before the end of your treatment or after your last on-treatment visit depending on your doctor's instructions. Your dose of Dexamethasone will be reduced slowly before completely stopping. The dose reduction is called tapering or weaning. The tapering helps your body adjust to making its own natural steroid again.

You may experience mild to moderate headaches while tapering. It is important that you monitor these headaches. These mild to moderate headaches should be controlled with over-the-counter medication as advised by your health care provider. The side effects will disappear slowly after stopping Dexamethasone. Please follow your doctor's instructions on taking Dexamethasone. **DO NOT** abruptly stop taking Dexamethasone unless your doctor advises you to do so. The goal is to safely get you to the lowest dose as indicated by your medical condition.

Dexamethasone Tapering Schedule

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1							
Week 2							
Week 3							
Week 4							

Side Effects

If you develop any of these symptoms while tapering, please notify your health care provider:

- Nausea or vomiting
- Decreased alertness
- Confusion
- Decreased appetite
- Headaches or feelings of pressure in the eyes or sinus areas
- Excessive weakness or tiredness (fatigue)
- Excessive thirst or urination

If you have any questions, talk to your doctor, pharmacist, or health care provider. You can reach your Radiation Oncology care team at 214-645-8525.