

## Appendix 2

Prednisolone dosing for First Presentation of Nephrotic Syndrome							
Body Surface Area (BSA) (m <sup>2</sup> )	Dose	Dose 40 mg/m <sup>2</sup> / alternate days (AD) for 4 weeks	5-10 mg/m <sup>2</sup> /AD taper - weekly over 4 weeks				
	60 mg/m <sup>2</sup> /day for 4 weeks		week 9	week 10	week 11	week 12	
	weeks 1 - 4	weeks 5 - 8					
0.40-0.45	25 mg daily	20 mg AD	15 mg AD	10 mg AD	7.5 mg AD	5 mg AD	then STOP
0.46-0.54	30 mg daily	20 mg AD	15 mg AD	10 mg AD	7.5 mg AD	5 mg AD	then STOP
0.55-0.62	35 mg daily	25 mg AD	20 mg AD	15 mg AD	10 mg AD	5 mg AD	then STOP
0.63-0.72	40 mg daily	30 mg AD	25 mg AD	15 mg AD	10 mg AD	5 mg AD	then STOP
0.73-0.79	45 mg daily	30 mg AD	25 mg AD	15 mg AD	10 mg AD	5 mg AD	then STOP
0.80-0.87	50 mg daily	35 mg AD	30 mg AD	20 mg AD	10 mg AD	5 mg AD	then STOP
0.88-0.93	55 mg daily	35 mg AD	30 mg AD	20 mg AD	10 mg AD	5 mg AD	then STOP
0.94-0.95	55 mg daily	40 mg AD	30 mg AD	20 mg AD	10 mg AD	5 mg AD	then STOP
> 0.96	60 mg daily	40 mg AD	30 mg AD	20 mg AD	10 mg AD	5 mg AD	then STOP

BSA =  $\sqrt{([\text{Height (cm)}] \times \text{Weight (kg)}) / 3600}$

If only weight available, use BNFC chart

### **Weight management**

Children on steroids may require weight management advice. The SIGN Obesity Guidelines should be used as best practice –

<http://www.sign.ac.uk/guidelines/fulltext/115/index.html>