

Treatment of Nephrotic Syndrome

(with prednisone; presumed minimal change disease)

Your child should take:

prednisone / prednisolone ___mg which is ___ ml once daily for 6 weeks
followed by ___mg which is ___ ml every other day for 6 weeks

To protect the stomach your child should take:

famotidine / ranitidine ___mg which is ___ ml once daily for 12 weeks

During this time:

- Check your child's urine for protein once a day, and write the number on your calendar. There are instructions on how to dip your child's urine on the last page. It is easy!
- Your child should not get certain vaccines (shots) while taking this treatment. He or she should not get "live" vaccines such as varicella ("chicken pox"), measles-mumps-rubella ("MMR"), or the intra-nasal flu vaccine. Most other vaccines are okay. Make sure your doctor knows your child is on prednisone (steroids) before your child gets any vaccines.
- Staying away from salty foods will help reduce the swelling. Don't add salt to your child's foods. Try to give your child foods that are low in salt, like fruits, vegetables, and fresh meats. Avoid salty foods, like chips, lunch meats, pizza, cheese, ramen noodles, basically most things that come in a can or a package. Children taking predniso(lo)ne may want to eat a lot. Give your child healthy, low-fat snacks. Your child should eat a normal amount of protein. Your doctor or dietician can tell you more about low-salt foods and healthy snacks.
- Children with nephrotic syndrome have a higher risk of getting infections, both because of the nephrotic syndrome, and because of the prednisone (steroids). You must call your child's doctor right away if your child:
 - Has stomach pain
 - Has a fever (temperature greater than 101° F or 38.5° C)
 - Is around someone who has chicken pox

There are urine protein test strips \$14 for 100 strips on Amazon. Search for "URS-10 urine reagent strips for urinalysis" on the amazon.com website.

You will only be looking at the fourth square from the end, the one that matches up to the word "PRO" on the bottle.

If it's yellow, there is no protein.

If it's very light green, there is "15" protein, or "trace"

If it's a little darker green, there is "30" protein, or "1+"

If it's a little darker green, there is "100" protein, or 2+

If it's the darkest green, there is "300" protein, or 3+