

Appendix 3: 4 Week Taper Regimen

Prednisolone dosing for Relapse of Nephrotic Syndrome - with 4 week taper							
Body Surface Area (BSA)* (m²)	Dose 60 mg/m²/day until remission**	Dose 40 mg/m²/alternate days (AD) for 1 week	5-10 mg/m²/AD taper - weekly over 4 weeks				
0.40-0.45	25 mg daily	15 mg AD	12.5 mg AD	10 mg AD	7.5 mg AD	5 mg AD	STOP then
0.46-0.54	30 mg daily	20 mg AD	15 mg AD	10 mg AD	7.5 mg AD	5 mg AD	STOP then
0.55-0.62	35 mg daily	25 mg AD	20 mg AD	15 mg AD	10 mg AD	5 mg AD	STOP then
0.63-0.72	40 mg daily	30 mg AD	25 mg AD	15 mg AD	10 mg AD	5 mg AD	STOP then
0.73-0.79	45 mg daily	30 mg AD	25 mg AD	15 mg AD	10 mg AD	5 mg AD	STOP then
0.80-0.87	50 mg daily	35 mg AD	30 mg AD	20 mg AD	10 mg AD	5 mg AD	STOP then
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. **Remission: negative or trace protein in urine for 3 consecutive days