PredMix Oral Liquid

Consumer Medicine Information (CMI) summary

The full CMI on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using PredMix?

PredMix contains the active ingredient prednisolone (as prednisolone sodium phosphate). PredMix is used to treat many different conditions that involve inflammation, as well as to prevent or reduce symptoms associated with these conditions.

For more information, see Section 1. Why am I using PredMix? in the full CMI.

2. What should I know before I use PredMix?

Do not use if you have ever had an allergic reaction to PredMix or any of the ingredients listed at the end of the CMI.

Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section 2. What should I know before I use PredMix? in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with PredMix and affect how it works.

A list of these medicines is in Section 3. What if I am taking other medicines? in the full CMI.

4. How do I use PredMix

- The dose of PredMix varies from patient to patient.
- Your doctor will tell you how much to take each day, and when to take it.

More instructions can be found in Section 4. How do I use PredMix? in the full CMI.

5. What should I know while using PredMix?

Things you should do	• Remind any doctor, dentist or pharmacist you visit that you are using PredMix. • Tell your doctor if your condition worsens or returns while on PredMix after your dose has been reduced or stopped. • If you are diabetic, tell your doctor immediately if you notice a change in results of your blood or urine sugar tests while taking PredMix. • Tell your doctor immediately if you become pregnant while taking PredMix.
Things you should not do	• Do not stop using this medicine suddenly unless advised by your doctor. • Do not have any immunisations without your doctor's approval while being treated with PredMix. • Do not give this medicine to anyone else even if their symptoms seem similar to yours.
Driving or using machines	• Take care of when driving, or operating machinery until you know how PredMix affects you.
Drinking alcohol	• Check with your doctor or pharmacist before drinking alcohol while you are taking this medicine.
Looking after your medicine	• Store it in the refrigerator (between 2° and 8° C). Do not freeze. • Discard 4 weeks after opening. • Keep PredMix in the container it came in, tightly closed.

For more information, see Section 5. What should I know while using PredMix? in the full CMI.

6. Are there any side effects?

Short term use of PredMix is unlikely to cause any problems. But if problems do occur, they may likely involve mood changes and disturbances in your digestive system such as nausea, vomiting, anorexia, increased appetite, stomach bloating/irritation, or diarrhoea or constipation. Long term use and higher doses of PredMix may have a greater risk of side effects. Serious side effects include severe stomach/intestinal pain; epileptic fits; psychiatric disturbances; sudden changes in your vision; or severe dizziness, fainting, weakness, chest pain, or irregular heartbeat.

For more information, including what to do if you have any side effects, see Section 6. Are there any side effects? in the full CMI.

PredMix Oral Liquid

Active ingredient: *prednisolone (as prednisolone sodium phosphate)*

Consumer Medicine Information (CMI)

This leaflet provides important information about using PredMix.

You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using PredMix.

Where to find information in this leaflet:

1. Why am I using PredMix?
2. What should I know before I use PredMix?
3. What if I am taking other medicines?
4. How do I use PredMix?
5. What should I know while using PredMix?
6. Are there any side effects?
7. Product details

1. Why am I using PredMix?

PredMix contains the active ingredient prednisolone (as prednisolone sodium phosphate). Prednisolone belongs to a group of medicines called corticosteroids. It is a synthetic version of a naturally occurring body hormone called cortisol.

PredMix is used in the treatment of many different conditions. Some of these conditions include severe allergies, severe or chronic asthma, skin problems, arthritis, inflammatory diseases of the bowel, cancer and "auto-immune" diseases.

PredMix is also used to prevent or reduce the symptoms of inflammation (such as swelling, redness, pain, tenderness or itching) in any part of the body. These symptoms can occur in response to injury or can be caused by many different conditions.

It works by entering inflammatory cells and blocking the inflammatory reaction. PredMix is only able to prevent or reduce symptoms of your condition, it does not cure it.

Ask your doctor if you have any questions about why PredMix has been prescribed for you.

Your doctor may have prescribed it for another reason.

This medicine is only available with a doctor's prescription.

There is no evidence that it is addictive.

2. What should I know before I use PredMix?

Warnings

Do not use PredMix if:

- **you are allergic to prednisolone, prednisone or any of the ingredients listed at the end of this leaflet.** Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue or any other parts of the body; rash, itching or hives on the skin.
  you have a current serious or uncontrolled infection, including fungal infections.
- **the expiry date on the pack has passed.**
- **the bottle shows signs of tampering.**

Do not take this medicine to treat any other complaints unless your doctor has instructed you to do so.

Do not give this medicine to anyone else.

Check with your doctor if you:

Have any other medical conditions, such as the following:

- a current serious or uncontrolled infection, including fungal infections
- recent surgery or serious injury
- diabetes mellitus (sugar diabetes)
- osteoporosis (softening of the bone)
- a stomach ulcer or other stomach or intestinal problems
- liver, kidney or heart disease
- tuberculosis
- epilepsy
- muscle weakness
- glaucoma (high pressure in the eye) or cataracts
- thyroid disease
- high blood pressure.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. Are there any side effects?

Pregnancy and breastfeeding

Do not take PredMix if you are pregnant or plan to become pregnant.
It is not generally recommended for use in pregnant women unless the benefits of treatment outweigh the risk to the unborn baby.

Check with your doctor if you are pregnant or intend to b ecome pregnant.

Check with your doctor if you are breastfeeding or intend to breastfeed.
It is recommended that you do not breastfeed while taking this medicine.

Use in children

PredMix should only be given to children under your doctor's supervision.

If possible, children should not be exposed to common childhood illnesses such as chickenpox or measles while they are taking this medicine. They may suffer from more serious attacks of these illnesses if such exposure occurs.

Children should not be vaccinated with "live" vaccines against common childhood illnesses while they are taking this medicine, as this may result in severe attacks of these illnesses.

Potentially serious side effects can occur in children and growing teenagers who are taking corticosteroids such as PredMix. Some of these include obesity, slowed growth, osteoporosis (softening of the bone) and changes to the adrenal glands.

Use in the elderly

Elderly patients may be more sensitive to the effects or side effects of this medicine.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with PredMix and affect how it works. These include:

- antacids (in large amounts)
- medicines for diabetes
- some medicines for heart disease
- medicines for removal of fluid (diuretics)
- some medicines for epilepsy
- some types of antibiotics
- potassium or salt supplements
- immunisations or vaccines
- high dose aspirin
- drugs which prevent blood clots.

You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor or pharmacist has a more complete list of medicines to avoid while taking this medicine.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect PredMix.

4. How do I use PredMix?

How much to take

- Your doctor will tell you how much PredMix to take.
- The dose will depend on the condition being treated and your response to the treatment. Your initial dose will be maintained or adjusted until a satisfactory response is noted.
- Follow the instructions provided and use PredMix until your doctor tells you to stop.

How to take it

- **Do not add anything to the PredMix Oral Liquid bottle itself.**
- Your dose of PredMix can be mixed with milk, cordial, soft drink, soft food or you can take it by itself. You will soon know how you prefer to take the medicine.

When to take it

- How often PredMix can be taken may vary depending on what condition is being treated. It can be taken once daily, several times a day or on alternate days.
- If you take it once a day or every second day, then it is best taken at breakfast time. If it needs to be taken more than once a day, then space it out during the day.

How long to take it for

- **Continue taking PredMix for as long as your doctor or pharmacist tells you.**
  This will depend on your condition and on your response to treatment. Some people will need this medicine for only short periods of time whilst others may require long term therapy.
- **Do not miss any doses and do not stop taking the medicine even if you feel better.**
  Missing doses may make your symptoms worse.

If you forget to take PredMix

If you miss a dose of this medicine the decision of whether you should take it or not will depend on how many times a day you take PredMix.

If you are taking PredMix:

- Once a day -
  if you miss a dose and remember in less than 12 hours, take it straight away, then continue as normal the next day. Otherwise, skip that day's dose but be sure to take the next day's dose when it is due.

- Several times a day -
  if you miss a dose and it is more than 2 hours before your next dose is due, take it straight away, then continue as you normally would. If it is less than 2 hours to your next dose, skip the dose you have missed but be sure to take the next dose when you are meant to.
- On alternate days -
  If you miss a dose and remember it the same morning, take it straight away then continue as you normally would. If you do not remember the missed dose until later, wait and take it the following morning. Then skip a day before continuing your regular dosage schedule.

Do not try to make up for missed doses by taking more than one dose at a time.
If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

If you take too much PredMix

If you think that you have taken too much PredMix, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using PredMix?

Things you should do

- **Take PredMix exactly as your doctor has prescribed.**
  If you do not follow your doctor's instructions, you may not get improvement in the symptoms of your condition. Try not to miss any doses and take the medicine even if you feel well.
- **Tell your doctor if your condition returns or becomes worse after your dose of PredMix has been reduced or treatment has been stopped.**
- **Tell your doctor immediately if you become pregnant while taking PREDMIX.**
- **Tell any other doctors, dentists and pharmacists who are treating you that you are taking PredMix, especially if you are being started on any new medicines.**
- **Tell your doctor, surgeon or dentist that you are taking PredMix if you are about to undergo surgery or an operation.**
  Your dose of this medicine may need to be increased to cover you during the stress of an operation.
- **Tell your doctor straight away if you are a diabetic, and you notice a change in the results of your blood or urine sugar tests.**
  This medicine may affect your blood sugar levels as it can affect the body's ability to handle glucose. For diabetics, this means that your diabetes may become more severe. For others, diabetes may develop for the first time while taking corticosteroids such as PredMix.
- **Ask your doctor when and how you should stop taking PredMix.**
  If you have been taking it for a long time your doctor may gradually reduce the amount you are taking over a period of several days, weeks or months before stopping completely. If you have been taking PredMix for a short period of time, this may not apply.

Things you should not do

- **Do not stop taking PredMix suddenly unless advised by your doctor**
  If you stop taking it suddenly, the symptoms of your condition may return or you may develop symptoms of cortisol deficiency such as fainting, weakness, restlessness, nausea, vomiting, headache, dizziness, muscle weakness or joint pain.
- **Do not have any immunisations (particularly with "live" vaccines such as measles, oral polio or yellow fever) without your doctor's approval while you are being treated with PredMix.**
- Do not take PredMix to treat any other complaints unless your doctor has instructed you to do so.
- Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

Things to be careful of

- **Avoid close contact with anyone who has a contagious disease such as measles or chickenpox.**
  Exposure to such diseases while you are taking PredMix, particularly if large doses are being taken, can put you at greater risk of developing these diseases if you have not had them before.
- **Tell your doctor straight away if you think you have been exposed to chickenpox or measles.**
  The signs and symptoms of infections such as fever or inflammation may be hidden by the anti-inflammatory action of PredMix. You should see your doctor for medical advice for any but the most minor infections.

Driving or using machines

As with any new medicine, you should take care when driving or operating machinery until you know how PredMix affects you.

Drinking alcohol

Check with your doctor or pharmacist before drinking alcohol while you are taking this medicine.
If you drink alcohol while taking it you may find that stomach problems occur.

Looking after your medicine

Store it in the refrigerator (between 2^{o} and 8^{o} C). Do not freeze.

Keep it in the container it came in, tightly closed.

Keep it where young children cannot reach it.

When to discard your medicine

Discard 4 weeks after opening.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

6. Are there any side effects?

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking PREDMIX.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

Less serious side effects	What to do
Short term use When PredMix is taken for short periods of time it is unlikely to cause any problems. • mood changes • nausea (feeling sick) • vomiting • anorexia (which may result in weight loss) • increased appetite (which may result in weight gain) • stomach bloating or irritation • diarrhoea or constipation.	**Speak to your doctor if you have any of these less serious side effects and they worry you.**
Long term use When PredMix is taken for long periods of time and in high doses the risk of side effects is greater. **general changes to the body:** • bloating and rounding of the face (moon face) • headache • dizziness • weight gain • redistribution of body fat • water retention leading to swollen legs and feet, high blood pressure or an irregular heart beat • cramps or weakness in the muscles of the arms and legs • slowed growth in children • irregular menstrual periods. **changes to the skin:** • acne • red or flushed face • extra hair growth • red or purple streaks • easy bruising • skin thinning • increased sweating • poor wound healing. **changes to the immune system:** • an increased seriousness or frequency of infections. **changes in behaviour:** • excessive mood swings (such as changes in personality) • anxiety or nervousness • restlessness • trouble sleeping. **changes in eyes:** • decreased or blurred vision • eyes sticking out too far • cataracts.	**Tell your doctor if you have any of these less serious side effects and they worry you.**

Serious side effects

Serious side effects	What to do
• severe stomach or intestinal pain • epileptic fits • sudden changes in your vision • symptoms such as severe dizziness, fainting, weakness, chest pain or irregular heart beat • psychiatric disturbances. These are all serious side effects of PredMix which may occur with high doses and long term use. You may need urgent medical attention or hospitalisation.	**Call your doctor straight away or go to the Emergency Department at your nearest hospital if you notice any of these serious side effects.**

Some side effects can only be detected by your doctor. It is important to visit your doctor for regular check-ups when PredMix is taken for long periods of time.

Such side effects can include:

- osteoporosis or other changes in bone which can result in an increased chance of fractures due to brittleness or softening of the bone.
- changes in other hormone levels in your body
- changes in the body's ability to handle glucose (steroid diabetes)
- effects on the parathyroid and thyroid glands which control calcium and body metabolism
- increased amounts of cholesterol in the blood
- changes to your white blood cells
- changes to your nervous system which may affect the way your nerves work
- changed sperm count
- increased blood pressure
- slow heart rate
- increased pressure in the skull.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.
Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.

7. Product details

This medicine is only available with a doctor's prescription.

What PredMix contains

Active ingredient (main ingredient)	6.72 mg/1 mL prednisolone sodium phosphate (equivalent to **5 mg/1 mL** prednisolone)
Other ingredients (inactive ingredients)	• disodium edetate • methyl hydroxybenzoate • propylene glycol • propyl hydroxybenzoate • dibasic sodium phosphate dodecahydrate • monobasic sodium phosphate • purified water.
Potential allergens	• hydroxybenzoates.

Do not take this medicine if you are allergic to any of these ingredients.

What PredMix looks like

PredMix Oral Liquid is a clear, colourless liquid. Available in 30 mL bottles.

Australian Registration number: AUST R 67496

Who distributes PredMix

Aspen Pharmacare Australia Pty Ltd
Sydney NSW
Australia

www.aspenpharma.com.au

This leaflet was revised in July 2026.