

Tapering off Prednisone:

For when you are taking 40 MG of Prednisone a day

Number of tablets is based on if you have 10 MG tablets

Day 1:	35 MG	3.5 tablets
Day 2:	35 MG	3.5 tablets
Day 3:	35 MG	3.5 tablets
Day 4:	30 MG	3 tablets
Day 5:	30 MG	3 tablets
Day 6:	30 MG	3 tablets
Day 7:	25 MG	2.5 tablets
Day 8:	25 MG	2.5 tablets
Day 9:	25 MG	2.5 tablets
Day 10:	20 MG	2 tablets
Day 11:	20 MG	2 tablets
Day 12:	20 MG	2 tablets
Day 13:	15 MG	1.5 tablets
Day 14:	15 MG	1.5 tablets
Day 15:	15 MG	1.5 tablets
Day 16:	10 MG	1 tablet
Day 17:	10 MG	1 tablet
Day 18:	10 MG	1 tablet
Day 19:	5 MG	0.5 tablet
Day 20:	5 MG	0.5 tablet
Day 21:	5 MG	0.5 tablet

Day 22: STOP Prednisone