

Appendix B. Suggested glucocorticoid tapering regimens

All doses at each time point are suggested targets. It is anticipated that tapering of dose to reach the next target will occur between time points. Each suggested option below illustrates reduction in prednisone dose by at least half or more of starting dose by month 3.

Option 1							
Low dose: Starting dose 0.2 mg/kg with rapid taper: 2 weeks							
Weight in kilograms	10-<20	20-<30	30-<40	40-<50	50-<60	≥60	Weight-based target dose
0 weeks	2.5	5	7.5	10	12.5	20	0.25 mg/kg (max 20 mg)
1 week	1.5	2.5	5	7.5	10	15	0.125 mg/kg
1 1/2 week	0.5	1	1.5	2	2.5	3	0.05 mg/kg
2 weeks	0	0	0	0	0	0	off

Option 2

Medium Dose: Starting dose 0.5 mg/kg with fast taper: One month

Weight in kilograms	10-<20	20-<30	30-<40	40-<50	50-<60	≥60	Weight-based target dose
0 weeks	5	10	15	20	25	30	0.5 mg/kg (max 30 mg)
1 weeks	4	7.5	12.5	15	20	25	0.4 mg/kg
2 weeks	2.5	5	7.5	10	12.5	15	0.25 mg/kg
3 weeks	1	2	3	4	5	6	0.1 mg/kg
4 weeks	0	0	0	0	0	0	off

Option 3

High Dose: Starting dose 1 mg/kg with fast taper: One month

Weight in kilograms	10-<20	20-<30	30-<40	40-<50	50-<60	≥60	Weight-based target dose
0 weeks	10	20	30	40	50	60	1 mg/kg (max 60 mg)
1 weeks	7.5	15	22.5	30	37.5	45	0.75 mg/kg
2 weeks	5	10	15	20	25	30	0.5 mg/kg
3 weeks	2.5	5	7.5	10	12.5	15	0.25 mg/kg
4 weeks	0	0	0	0	0	0	off

Option 4

Starting dose 1mg/kg with slow taper: Three months

Weight in kilograms	10-<20	20-<30	30-<40	40-<50	50-<60	≥60	Weight-based target dose
0 weeks	10	20	30	40	50	60	1 mg/kg (max 60mg)
2 weeks	7.5	15	22.5	30	37.5	45	0.75 mg/kg
1 month	5	10	15	20	25	30	0.5 mg/kg
2 months	2.5	7.5	7.5	10	12.5	15	0.25 mg/kg
3 months	0	0	0	0	0	0	off