

Budesonide (Entocort/Cortiment)

What is Budesonide?

Budesonide is a steroid medication, similar to the hormone cortisone produced by your adrenal glands.

It is used to treat “flares” or acute attacks of Inflammatory Bowel Disease (IBD). It is not generally used for long-term treatment or to maintain remission. Budesonide works by suppressing inflammation in the bowel, reducing immune system activity.

- **Entocort:** Most of the drug is absorbed in the ileum and ascending colon (end of the small bowel and start of the large bowel). Only 10–20% is absorbed systemically. It is often used for Crohn’s Disease affecting the ileum.
- **Cortiment:** Most of the drug is distributed in the large bowel (colon). It is often used for patients with Ulcerative Colitis who are having a flare.

How is Budesonide taken?

- Budesonide is taken by mouth once daily, usually in the morning.
- **Entocort:** Comes in 3 mg capsules. A typical starting dose is 9 mg daily (3 capsules), which is tapered down.
- **Cortiment:** Comes in 9 mg tablets. Often prescribed as a 2- to 3-month course.

What to keep in mind when taking Budesonide

- Though it has minimal systemic absorption, long-term use can lead to calcium loss and osteoporosis.
 - Take Calcium (1500 mg daily) and Vitamin D (2000 IU daily) supplements while on Budesonide.
- Budesonide can make it harder to fight infections.
 - Call your doctor if you develop fever or signs of infection.

Possible side effects

While generally well tolerated, side effects (similar to those seen with Prednisone) may include:

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| • Increased appetite, potential weight gain | • Mood changes (euphoria or depression) |
| • Rounding of the face (“moon face”) | • Increased blood pressure |
| • Stomach upset or nausea (take with food) | • Leg swelling (fluid retention) |
| • Facial hair growth, thinning skin, easy bruising | • Elevated blood sugar |
| • Acne | • Blurry vision (with long-term use) |
| • Difficulty sleeping, increased energy (take in the morning) | |

***If you have any questions, please contact your physician at London Digestive Disease Institute:
(519) 204-6333.***