

**Clinical Investigation Unit**  
**Department of Diabetes and Endocrinology**  
**Infusion of Intravenous Methylprednisolone**

Your doctor has referred you to the Clinical Investigation Unit to have an infusion of intravenous methylprednisolone. This is a steroid which is being given to treat your thyroid eye disease.

A set of baseline observations (pulse, blood pressure, respiratory rate, oxygen levels, and blood glucose levels) will be taken prior to inserting a small tube, called a cannula, into a vein in your arm, through which your medication will be infused.

You will be receiving a dose of either 250mg or 500mg methylprednisolone and this will be infused over a period of 30 minutes. On completion of the infusion the cannula will be removed, and the observations repeated.

If you have diabetes, this may lead to a temporary rise in your blood glucose levels. All patients will have a blood test called an HBA1c prior to starting this treatment, this is a blood test which helps us to check for diabetes and the test will be requested with any other blood tests required by the doctor in ophthalmology.

The nurses who give your infusions will also be monitoring your blood glucose levels before and after the infusion each week. If there are any changes then the nurses will discuss this with you and the doctor and appropriate advice will be given to you at the time.

We will also check your HBA1c at the end of the infusions. **We recommend that all patients with diabetes contact their usual diabetes team to discuss the need for monitoring blood sugar levels. We can also give you more detailed advice when you attend for the infusion.**

Most patients need to attend for 6 weeks, after this the Ophthalmologist sometimes asks us to continue the treatment using a smaller dose for a further 6 weeks and they will review you in their clinic to make this decision.

- You may eat and drink as normal and take your regular medication on the day of your infusion.
- You may wish to bring something to keep you occupied, such as your own personal music player (including headphones).
- You may bring someone to stay with you during the infusion but there is not enough space for more than one person.
- Children are discouraged from staying in the unit, as this can be disruptive to other patients having tests, however if this poses a particular problem for you, please discuss this with the senior nurse in the unit.
- You should be able to undertake normal activities after the infusion and it should not interfere with your ability to drive home.

If you have any queries about the infusion, please contact a specialist nurse on 01603 286360 (direct line) available Monday – Friday 09:00 – 16:00. We aim to return your call within 48 hours.

## CLINICAL INVESTIGATION UNIT

Department of Diabetes and Endocrinology **Jack Pryor Unit, East Inpatients, East Block Level 3**  
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Colney Lane, Norwich, Norfolk, NR4 7UY.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx> or scan the QR code:

