

Nephrotic Syndrome

Treatment and remission

To Learn More

- Nephrology
206-987-2524
- Your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital,
ask your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527. Tell
the interpreter the
name or extension you
need.

What is the treatment for nephrotic syndrome?

The main treatment for nephrotic syndrome is a medicine called prednisone. It is very important for your child to take this medicine the way the doctor told you. If your child suddenly stops taking the medicine they could get very sick. Please call the Nephrology Clinic if your child needs more medicine.

While your child is taking prednisone:

- Check their urine for protein once a day or as you were instructed. (see the handout [How to use urine dipsticks](#) for more information)
- Call the Nephrology Clinic when the urine dipstick says "trace" or "negative" for 5 days in a row. Your child will take less or taper off of prednisone. We will give you a prednisone tapering schedule.
- Call the Nephrology clinic if your child has been taking prednisone for 2 weeks and you do not see "trace" or "negative" on the dipstick.

When your child has nephrotic syndrome they are more likely to get sick. You should call your child's doctor right away if your child:

- Has stomach pain
- Has a fever of 101 degrees or higher
- Is around someone who has chicken pox

You may need to wait until your child's treatment is done before they get vaccines. Check with your child's doctor before your child gets any vaccines.

What should I do if my child is in remission?

Remission means that the proteins are gone from your child's urine and the nephrotic syndrome is inactive. During remission you should check your child's urine for protein, if your child:

- Looks swollen or puffy
- Is sick with a cold or the flu

These are signs that your child's nephrotic syndrome may be coming back. Call your child's doctor if they have:

- Urine protein of 3 or higher for 3 days in a row
- Swelling