

Adult Steroid Therapy Emergency Card



IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF

THIS PATIENT IS PHYSICALLY **DEPENDENT** ON DAILY STEROID THERAPY as a critical medicine. It must be given/taken as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment. Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.

Names:

Date of Birth: NHS Number:

Reason for prescribed steroid:

Emergency contact:

When calling 999 or 111, emphasise this is a likely adrenal insufficiency/ Addison's/Addisonian crisis or emergency AND describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).

EMERGENCY TREATMENT OF ADRENAL CRISIS

- 1) **EITHER** 100mg Hydrocortisone IV or IM injection **followed by** 24 hour continuous IV infusion of 200mg Hydrocortisone in Glucose 5%
OR 50mg Hydrocortisone IV or IM qds (100mg if severely obese)
- 2) Rapid rehydration with Sodium chloride 0.9%
- 3) Liaise with endocrinology team

Scan here for further information or search
<https://www.endocrinology.org/adrenal-crisis>

