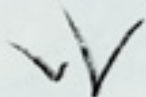




Sick Day Rules

Hydrocortisone

for patients taking Hydrocortisone for
Treatment of Inflammatory Disorders



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Illness

How to take take your hydrocortisone tablets when unwell



Vomiting and/or diarrhoea

Take extra 20mg hydrocortisone after vomiting or diarrhoea. If you vomit again or have more diarrhoea, go to hospital or call 999.



Mild illness – no fever (e.g. common cold etc)

Continue to take your normal dose of hydrocortisone as usual.



Infection and Fever

Mild infection with fever (temperature 38-39°C)

Instructions to follow depend on the total amount of hydrocortisone you normally take in a day. Follow the directions until you feel better:

| Total daily dose hydrocortisone | When unwell |
|--|--|
| Less than 10mg | Take normal dose of hydrocortisone |
| 10mg or more | Take 20mg hydrocortisone immediately, then take 10mg every 6 hours |

Serious infection with fever (temperature above 39°C)

Take 50mg of hydrocortisone and go to hospital or call 999.

COVID-19

(suspected or confirmed)

Instructions to follow depend on the total amount of hydrocortisone you normally take in a day.

| Total daily dose hydrocortisone | When unwell |
|--|------------------------------------|
| Less than 10mg | Take normal dose of hydrocortisone |
| 10mg or more | Take 20mg every 6 hours |





Serious signs and symptoms

You will need a steroid injection if you have:

- More than one bout of vomiting and/or diarrhoea
- Injury
- No improvement of illness
- Symptoms of adrenal insufficiency/crisis:
 - Sudden pain – stomach, back, legs, muscles
 - Severe nausea and/or vomiting
 - Severe diarrhoea
 - Sweating – cold, clammy skin
 - Severe headache
 - Dizziness
 - Drowsiness
 - Confusion
 - Collapse

Go to hospital immediately or call 999 and state adrenal crisis. Show staff your Emergency Steroid Card.

Your doctor may have given you an emergency steroid injection. If so, use the injection as instructed. Call 999 and state Adrenal Crisis. Show your emergency steroid card.

Dental & Medical Procedures

Always tell health care staff (doctors, nurses, pharmacists, dentists, chiropodists/podiatrists etc.) that you are taking steroids. If you need a procedure, your health care professional will give you instructions on how to take your steroid medicines before and after the procedure. The healthcare professional may also give you a steroid injection at the time of the procedure. It is very important health care staff know that you are taking steroids so that they can plan your care. Here are some general rules to follow if you are having a procedure:

Dental procedures

| Procedure | Before | After |
|--|--|---|
| Minor dental work or surgical procedure Eg. replacement filling, scale and polish | hydrocortisone 1 hour before appointment for procedure | Take extra 20mg hydrocortisone after treatment if you feel dizzy, drowsy, nauseous or sick, sweaty or shivery |
| Dental surgery Eg. root canal work with local anaesthetic | Take extra 20mg hydrocortisone 1 hour before appointment for procedure | Take double your normal dose of hydrocortisone for 24 hours after, then reduce to your normal dose |
| Major dental surgery Eg. tooth extraction with anaesthetic | Discuss steroid requirements with your dentist and doctor when planning your procedure. Steroid injection may be necessary | Take double your normal dose of hydrocortisone for 24 hours after, then return to your normal dose |



Surgical procedures

| Procedure | Before | After |
|--|--|---|
| Bowel procedures with laxatives (e.g. magic eye of the bowel (colonoscopy), barium enema etc.) | Take your hydrocortisone tablets as normal. Doctor will give you steroid before and during the procedure | Take double your normal dose of hydrocortisone for 24 hours. Then return to your normal dose |
| Surgery under anaesthetic | <p>Take your steroid tablets as normal.</p> <p>Doctor will give you steroid injections before and during the procedure</p> | <p>Your doctor will give you steroid injections until you can eat and drink. Once eating and drinking, take double your normal dose of hydrocortisone until your doctor tells you to return to your normal dose.</p> <p>If you take double your normal dose for 1 week after the procedure, you will need to reduce your steroid dose back down to your normal dose gradually. Your doctor will give you instructions on how to reduce your hydrocortisone gradually back to your normal dose</p> |



Having a baby

It is safe to use steroids when having a baby and breast-feeding. Steroids will not cause harm to you or the baby. Here is some general advice to follow about taking your steroids whilst having a baby:



Positive pregnancy test:

Continue to take your steroids at the normal dose. If you feel unwell, follow the sick day rules

Contact your doctor to tell them that you are pregnant and taking steroid tablets.



During pregnancy:

Unless told differently by your doctors, continue to take you steroids at the normal dose.



Labour and delivery:

Follow the advice given to you by your doctors and midwives. At the hospital, the doctors will give you steroid injections during labour and delivery.



After delivery:

Vaginal

Take double your normal steroid dose for 48 hours after delivery then return to your normal dose.

Caesarean

Take double your normal steroid dose until your doctor tells you to return to your normal dose.

If you take the double dose for a week, your doctor will need to reduce your steroid dose back to normal gradually.



Breast-Feeding:

Continue to take your normal dose of steroids whilst you are breast-feeding, unless told differently by your doctor.

Life events

People taking steroids often ask whether they need to change how they take their steroids when they are under emotional, mental and physical stress from everyday life. Here is some general advice about taking your steroids:



Vaccines

Continue to take your hydrocortisone at the normal dose. If you feel unwell after vaccination, follow the sick day rules.



Travelling abroad

Continue to take your hydrocortisone at the normal dose and time interval. Always take at least double the supplies that you need for the duration of your holiday. Keep at least one week's supply in your hand luggage.



Cosmetic procedures

(e.g. piercings and tattoos).

Before procedure: Continue to take your hydrocortisone at the normal dose.

If procedure is likely to take a long time, take an extra 20mg hydrocortisone 1 hour before procedure.

After procedure: If you feel dizzy, drowsy, nauseous, sick, sweaty or shivery, take an extra 20mg hydrocortisone.



Sports and exercise

Continue to take your hydrocortisone at the normal dose. Speak to your doctor before planning to take part in intensive/endurance sport. e.g Marathon



Mental and emotional stress

Continue to take your hydrocortisone at the normal dose.



Scan QR code to access digital leaflet.



For patients taking hydrocortisone for Treatment of Inflammatory Disorders.

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