

Steroid Sick Day Rules for Steroid Induced AI

How to take your steroid tablets																																													
Mild illness - no fever (e.g. common cold etc.)	Take normal dose of steroid as usual																																												
Mild infection with fever (temperature 38-39°C)	Dose dependent on normal daily dose																																												
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Vomiting and/or diarrhoea	After vomiting take extra 20mg hydrocortisone or 5mg prednisolone or 0.75mg dexamethasone. If you vomit again or have more diarrhoea, go to hospital or call 999.																																												