

# Surgical Steroid Sick Day Rules for all AI Patients

Procedures	How to take your steroid tablets	
	Before procedure	After procedure
Minor dental work or surgical procedure (e.g. replacement filling, scale & polish, skin mole removal etc.)	<p>1 hour before appointment for procedure, take extra:</p> <ul style="list-style-type: none"> <li>• Hydrocortisone 20mg or</li> <li>• Prednisolone 5mg or</li> <li>• Dexamethasone 0.75mg or</li> <li>• Extra dose of Plenadren</li> </ul>	<p>If you feel dizzy, drowsy, nauseous or sick, sweaty or shivery, take extra:</p> <ul style="list-style-type: none"> <li>• Hydrocortisone 20mg or</li> <li>• Prednisolone 5mg or</li> <li>• Dexamethasone 0.75mg or</li> <li>• Extra dose of Plenadren</li> </ul>
Dental surgery (e.g. root canal work with local anaesthetic)	<p>1 hour before appointment for procedure, take extra:</p> <ul style="list-style-type: none"> <li>• Hydrocortisone 20mg or</li> <li>• Prednisolone 5mg or</li> <li>• Dexamethasone 0.75mg or</li> <li>• Extra dose of Plenadren</li> </ul>	<p>Take double your normal dose of steroid for 24 hours after, then reduce to your normal dose.</p>
Major dental surgery (e.g. tooth extraction with local or general anaesthetic)	<p>Discuss your steroid requirements with your dentist and doctor when planning your procedure. You will be advised how to take your steroids. If considered necessary, arrangements can be made for you to have a steroid injection at the outset of the procedure.</p> <p>Patients trained in the use of emergency hydrocortisone intramuscular injection may self-administer their injection at the outset of the procedure.</p>	<p>Take double your normal dose of steroid for 24 hours after, then return to your normal dose.</p>
Bowel procedures with laxatives (e.g. magic eye of the bowel (colonoscopy), barium enema etc.)	<p>Take your steroid tablets as normal. Doctor will give you steroid injection before and during the procedure.</p>	<p>Take double your normal dose of steroid for 24 hours. Then return to your normal dose.</p>
Surgery under anaesthetic	<p>Take your steroid tablets as normal. 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.</p> <p>Once eating and drinking, take double your normal dose of steroid until your doctor tells you to return to your normal dose. 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 dose gradually back to your normal dose.</p>