

Signs & Symptoms

Sugar & **s**alt cravings; **T**iredness & muscle weakness; **E**lectrolyte imbalance; **R**eproductive changes; **L**ow blood pressure; **I**ncreased skin pigmentation (primary AI); **D**iarrhoea & **D**epression; **S**hedding Weight

	Absolute Risk	High Risk	Moderate Risk	Low/Negligible Risk
Prevention of adrenal crisis – acute illness, injury & surgery	<p>Increase steroid dose as per steroid sick day rules</p> <p>Provision of emergency intramuscular hydrocortisone for self-administration</p>	<p>Increase steroid dose as per steroid sick day rules</p>	<p>Consider need to increase steroid dose during acute illness if clinically unwell and symptoms suggestive of AI</p>	<p>Monitor patient for signs and symptoms of AI</p>

Definition of Risk Categorisation

Absolute Risk	High Risk	Moderate Risk	Low/Negligible Risk
Established primary & secondary AI	<ul style="list-style-type: none"> • Prednisolone \geq 5mg or equivalent oral glucocorticoid for > 4 weeks and 12 months after stopping • Intra-articular or intramuscular glucocorticoid injections and use glucocorticoids by another route (e.g. oral, inhaled) • CYP3A4 inhibitors and glucocorticoids via any route (exception mild or moderate topical steroids). • High dose inhaled steroids for respiratory diseases receiving repeated courses of oral steroids (\geq 3 courses over past 6 months) 	<ul style="list-style-type: none"> • \geq3 short-courses of high dose oral steroids within last 12 months or for 12 months after stopping • Repeated courses of dexamethasone as an antiemetic in oncology and for 12 months after stopping • Prolonged courses of dexamethasone (>10 days) for COVID-19 • High dose steroid inhalers, and for 12 months after stopping • Low dose inhaled steroids and other form of glucocorticoid treatment • Topical high dose potent or very potent steroid over large areas, rectal or genital area for \geq4 weeks and for 12 months after stopping 	<ul style="list-style-type: none"> • Short course oral steroids • Low dose inhalers only • Low dose or mild potency topical steroids