

Emergency Hydrocortisone IM (Injection) or IV Refusal Letter

Patient Name:

Patient DOB:

Consultant Name:

Cortisol is a steroid hormone produced by the adrenal gland and plays a complex role in regulating body functions. It is essential for survival.

Due to a diagnosis of adrenal insufficiency, I am unable to produce cortisol naturally and am therefore **steroid dependent**.

I have explained to you that, in the case of an emergency, I require the time-critical emergency administration of hydrocortisone by IM injection or IV, in line with **NICE guidelines (2024)** as to the identification and management of adrenal insufficiency.



Nice Guidelines

An adrenal crisis can be caused by a number of triggers including infection, trauma, vomiting/diarrhoea or stress (physical or emotional).

You have been made aware that refusal to administer hydrocortisone could be life-threatening.

Please sign below confirming that you have refused to give me hydrocortisone IM (injection) or IV.

Signed:

Print name:

Date:

(to be completed and signed by the refusing health care professional)