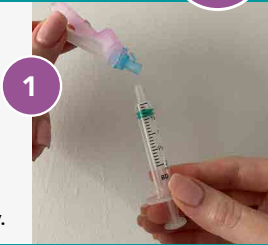


Emergency injection of
Hydrocortisone 100mg Powder for Solution
for injection or infusion 1x2ml (vial with diluent)



Lay out the needle, syringe, Hydrocortisone 100mg Powder for dilution, glass/plastic vial of water, plus amp snap for a glass water vial. Peel open the end of the sterile syringe and needle wrappers. Assemble the needle onto the top of the syringe firmly.



Lift off the yellow plastic seal on the Hydrocortisone 100mg Powder for dilution bottle and open the water vial.



For a glass vial, tap the top to remove any liquid before opening and use an amp snap to hold the top, if you have one.

Uncap the needle, put it in the water vial and draw up the liquid by slowing pulling back the syringe plunger.



Insert the needle into the rubber stopper on the Hydrocortisone 100mg Powder for dilution bottle and slowly depress the plunger to release the water.



Gently agitate to dissolve the powder and mix thoroughly.

Keeping the needle in place, tip the bottle upside down to draw up the solution into the syringe.



Make sure the needle is below the surface of the liquid. Withdraw the needle once you have extracted all the liquid.

Hold the syringe up at eye level, tap the side to loosen any air bubbles, then remove any air by pushing the plunger until a drop of liquid forms at the top of the needle.

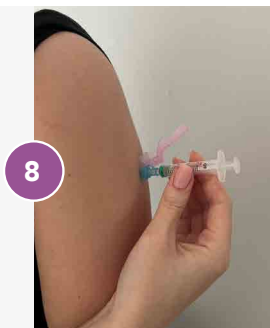


Hold the syringe like a dart over the deepest area of muscle, on your upper arm or outer thigh. In an emergency it is ok to inject through clothing.



Plunge the needle into the muscle, as far as the hilt.

Then slowly push the plunger in fully. This may be uncomfortable as the fluid penetrates the tissue.



Gently withdraw the needle. Once the needle is clear of your skin, click the Safeslip over the used needle.



Dispose of your protected needle, syringe and vial safely.

Dial 999 and seek medical advice.

**Scan for Adrenal Crisis
Emergency Help Guide**



**Addison's Disease
Self-Help Group**

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www.addisonsdisease.org.uk

With thanks to Joanne Brown,
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reviewing this leaflet.

See
<https://www.addisonsdisease.org.uk/emergency>
for more information.

