

GP Name:

Surgery Name & Address:

Dear Dr _____

Date: __ / __ / ____

Re: My essential steroid hormone prescription(s)

My name:

My DOB:

My NHS number:

Tel/email:

My endocrinologist's name & hospital:

I am **steroid-dependent** due to a diagnosis of **adrenal insufficiency**/Addison's disease. I am treated with the following essential glucocorticoid medication(s);

List of all steroid medications that you are prescribed for adrenal insufficiency e.g. hydrocortisone / prednisolone and fludrocortisone

In line with recommendations from the *NICE Guidelines for the Identification and Management of Adrenal Insufficiency*, and the *Society for Endocrinology*, **I am writing to request that you check and change my steroid medication prescriptions** to enable me to:

- Increase my medication dosing when following life-saving Sick Day Rules
- Build a reserve of 'spare' steroid medication in case of damage or loss to my existing meds (e.g. during travel)
- Ensure that I have enough medicine to last through any shortages or supply issues.

Requested changes/checks

1. Regarding my oral replacement steroid medication prescription (daily use):
 - **Please increase my repeat prescription to 84 days.**
 - Sometimes I will need to request a new prescription before the end of the 84-day period, because I will have used extra medication to allow me to

follow the Sick Day Rules. **Please support me by approving any early requests for my prescription.**

- Where there is the option, **please add a warning/alert to my record**, visible to staff, that I am **steroid dependent** and **require prompt prescriptions**.

*GP Note: For patients whose medications are dispensed in a dosette box, it is essential to provide a **separate supply of steroids** to allow for increasing the dose when following Sick Day Rules.*

2. Regarding my emergency hydrocortisone prescription for IM injection (occasional use to prevent/treat adrenal crisis):
 - Please ensure this is included on my repeat prescription list (not as a past or one-off prescription)

These requests reflect clinical best practice and recommendations for the effective management of adrenal insufficiency. They are supported by the expert clinical committees of both the *Addison's Disease Self-Help Group* and *The Pituitary Foundation*.

Many thanks for taking the time to attend to this – it is a significant step towards me safely and effectively managing my condition.

I have shared a copy of this letter with my endocrinologist.

With kind regards,

Name:

For more information, please refer to:



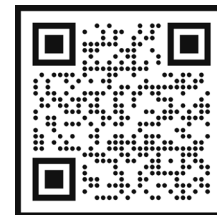
NICE
Guidelines



Sick Day
Rules



Prescription
Frequency



Society for Endocrinology
(SfE)

This letter template has been endorsed by the Society for Endocrinology: www.endocrinology.org



The Addison's Disease Self-Help Group is the UK's leading charity for people with adrenal insufficiency.

This letter has been authored collaboratively by the ADSHG and the Pituitary Foundation.



Addison's Disease Self-Help Group (ADSHG)
www.addisonsdisease.org.uk