



Adrenal Crisis: adrenal insufficiency

Please give me immediate medical attention – I have adrenal insufficiency and am steroid-dependent.

Personal Details

Name:

Date of birth:

Type of adrenal insufficiency:

Name of Next of Kin (NOK)/emergency contact:

NOK Contact details:

Treatment & Monitoring

The treatment I require to prevent hypovolaemic shock is:

- **100mg hydrocortisone¹, intravenous (preferably) or intramuscular.**
- An **intravenous saline** infusion (0.9% saline solution or equivalent).

Once this treatment has been administered, I will require monitoring until my blood pressure and electrolytes are stable.

I may continue to need:

- **50mg hydrocortisone¹ every 6 hours**, intravenous or intramuscular OR by infusion pump, e.g. 200mg per 24 hours or 8.33mg per hour
- An **intravenous saline** infusion (0.9% saline solution or equivalent).

Usually, these high doses of hydrocortisone can be weaned to oral maintenance doses of hydrocortisone after 24 - 72 hours, provided my condition is improving.

Please ensure I am stable on oral steroids prior to discharge.

¹ *Instructions for hydrocortisone 100mg: please use:*

- *Hydrocortisone sodium phosphate OR hydrocortisone sodium succinate, 100mg.*
- *Note that hydrocortisone acetate can NOT be used due to its slow-release, microcrystalline formulation.*
- *Please give bolus hydrocortisone over a minimum of 10 minutes to avoid vascular damage.*



Medical Emergency



If you are unable to contact my doctor to confirm details of my medical history or if you require further advice on the management of Addison's Disease or adrenal insufficiency, please contact a senior hospital endocrinologist without delay, for support.

My health information

Doctor/GP name:

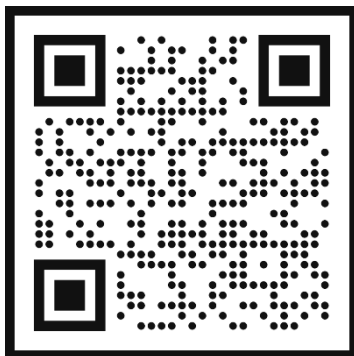
Doctor/GP Telephone number:

Doctor/GP address/email:

Other conditions I have which may require monitoring:	Medication I take, the dose, and timings/how frequently:
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I also have the following allergies:

These clinical guidelines have been developed by the Clinical Advisory Panel for the Addison's Disease Self- Help Group (a UK charity supporting people with adrenal insufficiency, including Addison's disease). These guidelines have been endorsed by the Clinical Effectiveness Committee of the College of Emergency Medicine and by the Education Committee of the College of Paramedics.



Scan for: The UK NICE Guidelines for the Identification & Management of Adrenal Insufficiency

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