Medical Alert

Adrenal Insufficient & Steroid Dependent

This patient is dependent on daily steroid therapy as a critical medicine. Missed doses, illness, injury or surgery can result in adrenal crisis (vomiting, diarrhoea, dehydration, shock).

Name…….....

Date of Birth…….....

Diagnosis…….....

Emergency Contact…….....

Patient should be treated immediately and not kept in waiting area

Emergency Treatment of Adrenal Crisis

1. Immediate hydrocortisone by I.V or I.M
- 25mg for children below 3 years
- 50mg for children 3-10 years
- 100mg for children over 10 years/ adults

Followed by hydrocortisone (same dose above) every 6 hours

2. Rapid rehydration with 5% Dextrose Normal Saline (0.9%) followed by continued fluid replacement

3. Liaise with endocrinology team

For further information, contact…….....