

Steroid Emergency Card (Adult)



IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF

THIS PATIENT IS PHYSICALLY **DEPENDENT** ON DAILY STEROID THERAPY as a critical medicine. It must be given/taken as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment.

Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.

Name.....

Date of Birth NHS Number

Why steroid prescribed

Emergency Contact

When calling 999 or 111, emphasise this is a likely adrenal insufficiency/Addison's/Addisonian crisis or emergency **AND** describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).

Emergency treatment of adrenal crisis

1) **EITHER** 100mg Hydrocortisone i.v. or i.m. injection **followed by** 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5%

OR 50mg Hydrocortisone i.v. or i.m. qds (100mg if severely obese)

2) Rapid rehydration with Sodium Chloride 0.9%

3) Liaise with endocrinology team



Scan here for further information or search <https://www.endocrinology.org/adrenal-crisis>

