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