Patient Education

Teach the patient and partner/parents how to self-administer and inject hydrocortisone. Provide them with a Hydrocortisone Emergency Injection kit (100 mg hydrocortisone sodium succinate for injection)

Addison's Disease Self Help Group (https://www.addisonsdisease.org.uk)

Youtube video (Adrenal Crisis: when to give an emergency injection https://www.youtube.com/watch?time_continue=12&v=NpIEMIschTg).

Sick Day Rule 1
Moderate intercurrent illness:
- Fever, infection requiring antibiotics, surgical procedure under local anaesthesia
- Double usual daily glucocorticoid dose

Sick Day Rule 2
Severe intercurrent illness, persistent vomiting (eg GI viral illnesses), during preparation for colonoscopy or in case of acute trauma or surgery

- Hydrocortisone 100 mg intravenously at onset, followed by initiation of a continuous infusion of hydrocortisone 200 mg.24 h\(^{-1}\)
- Or hydrocortisone 100mg intramuscularly followed by 50mg every 6 hours* i.m. or i.v.