

### **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<sup>-1</sup>**

**Or hydrocortisone 100mg intramuscularly followed by 50mg every 6 hours\* i.m. or i.v.**



### **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>)**

**The Pituitary Foundations' websites (<https://www.pituitary.org.uk>).**

**Youtube video (Adrenal Crisis: when to give an emergency injection**

**[https://www.youtube.com/watch?time\\_continue=12&v=NpIEmlschTg](https://www.youtube.com/watch?time_continue=12&v=NpIEmlschTg)).**