

Adrenal insufficiency | Emergency card

Name

Health card number

Date of birth YYYY / MM / DD

Provide medical attention for acute/sudden illness

To prevent life-threatening hypovolemic shock, I need:

- **Hydrocortisone** (Solu-Cortef) 100mg IV/IM q6–8hr
- IV fluid resuscitation as required

Investigate

Please investigate causes of my adrenal crisis

Monitor

I require ongoing monitoring until my blood pressure and electrolytes are stable.

As my condition improves I can be transitioned to double to triple my usual doses of cortisol replacement.

Concerns: Call the endocrinologist on call 780 4078822

Notify my physicians about any adrenal crisis **hospital visit**

Endocrinologist's name

Office phone number

Fax

Primary care physician

Office phone number

Fax

Please contact *my pharmacist* for an updated medication list

Pharmacy's phone number

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Medication list

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My allergies

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Other health conditions

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Emergency contact

Name

Phone number