

ADRENAL INSUFFICIENCY PERSONAL TREATMENT PLAN

Please fill out this form with your doctor

Name

Date

DD - MM - YYYY

YOUR REGULAR TREATMENT DOSES (when feeling reasonably well):

Glucocorticoid : ☐ Hydrocortisone (Cortef™) ☐ Cortisone acetate ☐ Prednisone ☐ Dexamethasone
Dosage

Mineralocorticoid : ☐ Fludrocortisone (Florinef™) ☐ Not needed
Dosage

GENERAL SCENARIOS TO CONSIDER



Home management of illness (e.g. fever or infection)

- Dosage: Double or triple corticosteroid doses until recovery (for about 2 to 3 days).
- Stay hydrated; increase both salt and fluid intake.
- If requiring increased dose for more than 5 days, seek medical attention.



Vomiting, persistent diarrhea, or persistent illness

- Dosage: Triple stress hormone doses
- **If can not keep meds down, seek medical attention for IV hydrocortisone and possibly IV fluids.**



Significant physical injury (e.g. broken bones, sprains, or severe burns)

- Dosage: Double the regular dose of oral medication on same day, then return to normal dose if feeling better.



Travel

- Take half of your total daily dose of glucocorticoid every 6 hours then continue your regular dose per local time zone.
- Carry emergency injectable hydrocortisone especially if you are travelling to remote areas.



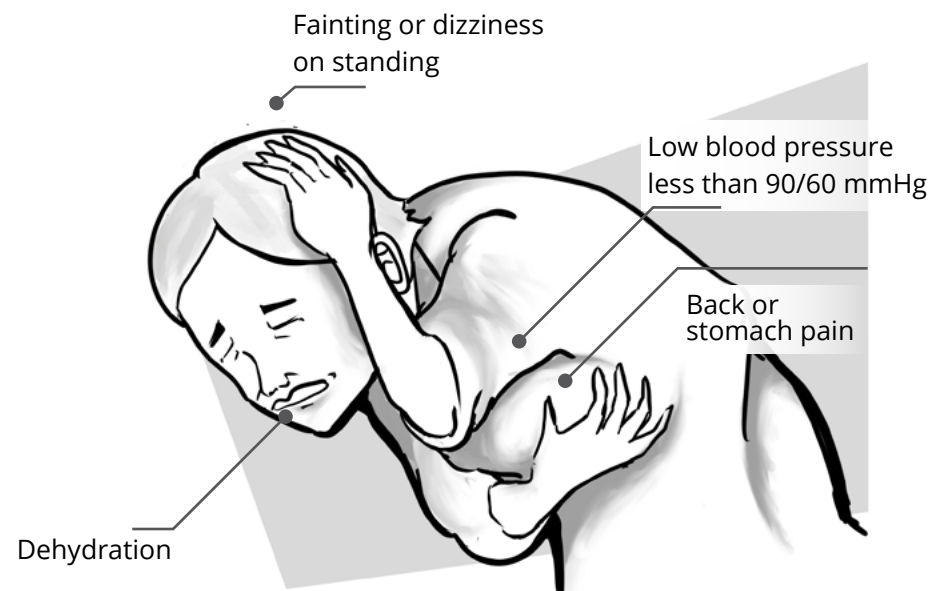
Significant emotional or psychological stress

- Dosage: Stress dosing may be required.
- Please speak with your doctor for personalized adjustment.



ADRENAL CRISIS

If you are experiencing these symptoms below or unable to keep your medications down, then **seek medical attention immediately or call 911**



Dosage: Triple stress hormone dose or use injectable hydrocortisone kit on the way to seeking urgent medical attention for IV hydrocortisone and IV fluids.



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*See back for details.



WATCH OUT FOR



Pregnancy

- Speak to your doctor about dosing once you find you are pregnant or are planning pregnancy. **See Labor and vaginal delivery procedure*



Strenuous exercise

- Dosage: A temporary increase in stress hormone dosage may be required.
- Speak to your doctor for a personal plan.



Hot temperatures or conditions

- You may need extra doses of stress hormone or extra fludrocortisone.
- Stay hydrated; increase both salt and fluid intake.
- Speak to your doctor for a personal plan.



Medical/dental procedure or surgery:

- Dosage: Let your healthcare professional know of your adrenal insufficiency, as additional doses of stress hormones before and/or after maybe required. **See the dental procedures.*



WE RECOMMEND



Wear a medical alert bracelet or necklace with the term "ADRENAL INSUFFICIENT- STEROID DEPENDENT".



Keep a wallet card, and/or a have letter from your doctor outlining the need for emergency medications and dosing recommendations



Ask your doctor about the need for an emergency glucocorticoid injection kit at home, which may be recommended in cases of significant illness or travel. Keep in mind, you still need to go to the hospital if you have adrenal crisis symptoms.



Ensure that friends/family can recognize the signs and symptoms of adrenal crisis and when to get help.

MEDICAL/DENTAL PROCEDURES



Admission to hospital or emergency department

- Notify the healthcare team of your diagnosis of adrenal insufficiency, and notify your healthcare provider's office if you are being admitted to hospital.



Minor Procedures with local anesthetic

- Post-op: An extra dose of oral stress hormone can be taken, only if adrenal insufficiency symptoms occur.



Labor/ Delivery

- Pre-op: 100 mg hydrocortisone IV or IM at onset then every 6 hrs until delivery
- Post-op: Double the regular dose of oral stress hormone for 24-48 hours then return to normal dose if well.



Minor Surgeries/Procedures Requiring General Sedation

- Pre-op: 100 mg hydrocortisone IV or IM.
- Post-op: Double the regular dose of oral stress hormone for 24 hours then return to normal dose



Bronchoscopy



Endoscopy: Gastroscopy and/ or Colonoscopy



Major or Emergency Surgery (eg. joint surgery. transplant procedures)

- Pre-op: 100 mg hydrocortisone IV or IM.
- Post-op: Double the regular dose of oral stress hormone for 48+ hours and taper back to the normal dose.



Dental procedures

- **Minor dental procedure:** Take an extra dose of oral stress hormone if you develop adrenal insufficiency symptoms (can be taken post-procedure).
- **Surgery with local anaesthetic:** Double the regular dose of oral stress hormone one hour prior to surgery and for 24 hours post-procedure then return to normal dose.
- **Major dental surgery:** 100 mg hydrocortisone IV or IM prior to anaesthesia. Double the regular dose of oral stress hormone for 24 hours post-procedure then return to normal dose.



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