

Adrenal Insufficiency Stress-Dose Management

1. Please contact our office directly (215-662-2300) if you have any question about when it is appropriate to stress dose.
2. If you go to the ER, please notify our office immediately so we can contact the ER to communicate with your care team.
3. Please make sure our office number is programmed into your phone and the phone of the adult who will be helping at a time of an illness. Consider saving these instructions on yours and their phone.

EVENT		DOSE RECOMMENDATION
Illness with Fever	100.4° F or higher  → Call PCP/go to urgent care or see a virtual urgent care clinician (Penn-On-Demand) in 24-48hrs to determine cause and to avoid delay to treatment for the illness that is causing the fever  → Identify a responsible adult who will check on you/wake you up to take your medication	20mg hydrocortisone or 15mg prednisone for 3 days or until fever resolves
Diarrheal illness with no Fever		Double your normal dose of steroid while diarrhea lasts

Other Illness, no Fever	<p>→ If ill enough that you don't feel you can get out of bed or go to work as normal</p> <p>→ If feel able to function nearly normally (e.g. runny nose, achy joints)</p>	<p>→ Double your normal dose of steroid while illness lasts</p> <p>→ No need for stress dose</p>
Vomiting Illness	If you vomit after you take your dose of hydrocortisone or prednisone (can't tolerate your oral medication)	Inject contents of Solu-Cortef Act-o-Vial (100mg) into the outer middle third of your thigh muscle and go to the ER - taking Solucortef does not replace ER visit - call to notify our office
Adrenal Crisis	If experiencing extreme lethargy, dizziness, confusion or are unable to be roused	Call 911 and if able, inject contents of Solu-Cortef Act-o-Vial (100mg) into the outer middle third of thigh muscle
Other Times to Use Solu-Cortef Act-o-Vial	Anytime you are concerned about severe illness/injury/impending crisis – better safe	
Critical Time to Carry Solu-Cortef Act-o-Vial	Traveling into the wilderness/hiking/fishing, travel abroad or whenever access to ER care might be delayed	
Colonoscopy/ Endoscopy/ Dental Extractions	If NOT under general anesthesia	Double your dose of hydrocortisone or prednisone the day before, the day of, and the day after the procedure

Other Medical  
Procedure or Surgery

	<p>Contact our office for steroid dosing recommendations. Be prepared to let us know:</p> <p>Date of procedure:</p> <p>Name of the procedure:</p> <p>Is general anesthesia being used?</p> <p>Will you be sedated?</p> <p>Will surgery be done in the office, outpatient surgical center or a hospital operating room?</p> <p>Duration of surgery/procedure:</p> <p>Current dose of hydrocortisone or prednisone:</p> <p>Name of the physician performing surgery/procedure and their office phone and fax number:</p>
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