

# Steroid Emergency Card (Adult)



## IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF

THIS PATIENT IS PHYSICALLY **DEPENDENT** ON DAILY STEROID THERAPY as a critical medicine, to be given/taken as prescribed and never omitted or discontinued; missed doses, illness or surgery can result in adrenal crisis which requires emergency treatment.

Patients not on daily steroid therapy may also require emergency treatment, see reverse of card for links to further information.

Name.....

Date of Birth ..... NHS Number .....

Why steroid prescribed .....

Emergency Contact .....

If calling **999/111** describe symptoms (vomiting, diarrhoea etc) **AND** emphasise this is a likely Addison's/adrenal emergency or crisis

### Emergency treatment of adrenal crisis

- 1) **EITHER** 100mg Hydrocortisone per i.v. or i.m. injection **followed** by 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5%  
**OR** 50mg Hydrocortisone i.v. or i.m. qds (100mg if severely obese)
- 2) Rapid rehydration with Sodium Chloride 0.9%
- 3) Liaise with endocrinology team



Scan here for further information or search  
<https://www.endocrinology.org/adrenal-crisis>