[*Your Address]*

*[Contact number]*

*[NHS number*]

[*Date*]

Dear Dr [*GP Name*]

I am a patient of Dr [*Endocrinologist name*] at *[Hospital*], I have pituitary disease/adrenal insufficiency. As a result of this, I take life-long cortisol replacement, currently in the form of hydrocortisone/prednisolone. This is a life-preserving replacement therapy.

I need your help on a couple of issues to help me manage this appropriately:

1. During time of illness, on antibiotics, procedures etc, or severe emotional stress, I am advised I will need to **increase my cortisol replacement** by 2-3 times my normal daily amounts. As I will need to respond to these events immediately, I would appreciate you providing me with an **extra supply** of my cortisol replacement tablets to hold at home.
2. I have also been advised that in some circumstances, (e.g. vomiting), I will need to **inject** hydrocortisone as I will be unable to absorb the standard tablets. I would appreciate if you can also issue me a prescription for this, along with the necessary needles and syringe needed to inject. My hospital team have advised this should be 100mg of hydrocortisone - either Hydrocortisone 100mg Powder for Solution for Injection or Infusion 1x2ml - vial with diluent (previously known as Solu-Cortef), or Hydrocortisone sodium phosphate (ex- Efcortesol).

I would be very grateful if you could add this information to my medical records.

There is also a link from The Pituitary Foundation to emergency information and sick day rules here <https://www.pituitary.org.uk/information/emergency-information/>

Yours sincerely

[*Your Name*]