

Preventing adrenal crisis

To lower my risk of having an adrenal crisis:

- I take my replacement steroid medication at the right times, every day
- I know the Sick Day Rules and when I should increase my dose
- I stay hydrated
- I avoid infection and illness where possible
- I look after my emotional wellbeing
- I should have yearly reviews with my endocrine team to check that my treatment routine is still the best one for me

My healthcare team:

GP surgery

Name:

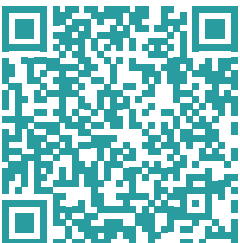
Phone number:

Endocrinologist

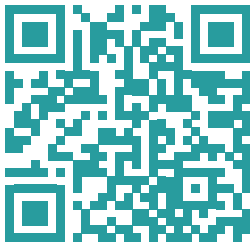
Name:

Phone number:

Scan for Sick Day Rules



Scan for NICE Guidelines for Adrenal Insufficiency



Getting the most from your action plan

1

Put it somewhere easy to find like your fridge door, noticeboard or bedside table. Keep a copy in your emergency injection kit or hospital folder. Keep a photo of it in your mobile phone so you can check it if you are not sure of something.

2

Ensure that your GP has a copy of this action plan.

3

Check your plan when you are unwell and need a reminder of the Sick Day Rules.

4

Take it to your healthcare appointments, to help your healthcare team understand your condition and to be sure it is up to date.

5

Share it with family, friends, coworkers or anyone else you spend time with regularly, so they know how to help you if you are unwell.

Get more information, advice and support from:



Addison's Disease Self-Help Group

Supporting everyone with adrenal insufficiency, including Addison's disease.

(Charity 1179825)

www.addisonsdisease.org.uk

The Pituitary Foundation

The Pituitary Foundation

Supporting everyone in the pituitary community, every step of the way.

(Charity 1058968)

www.pituitary.org.uk

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The Pituitary Foundation



Adrenal Insufficiency Action Plan

Fill this in with one of your healthcare team

This action plan is for adults with all types of adrenal insufficiency, including Addison's disease. It is to help you manage your condition and share the details of your treatment with others.

Name:

Date of Birth:

NHS No.:

Date completed:

