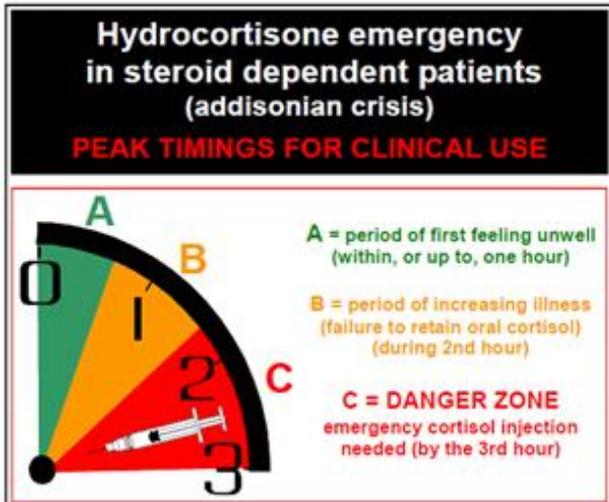


## To A&E and hospital ward staff – Adrenal Insufficiency patient

Your patient has a condition called secondary **Adrenal Insufficiency**, which they take hydrocortisone for, and which is part of their pituitary condition. The information below is vital for their care. **Hydrocortisone is a steroid hormone produced by the adrenal gland. It plays a complex role in regulating body functions and is essential for survival.** A good majority of people with pituitary disease have to take **replacement hydrocortisone daily**, as they don't produce this naturally. **Therefore, as they take replacements, they don't have the natural surge of cortisol if they become acutely ill, are vomiting or have severe shock.**



In stressful situations, an emergency hydrocortisone injection is vital! (The patient might have their own emergency 100mg hydrocortisone injection with them). **This injection may be needed to save the patient's life. If this injection is delayed, the patient can become very ill, very quickly. Blood pressure drops and coma can occur.**

### How does the patient take hydrocortisone?

The usual dose for hydrocortisone is 15-20mg by mouth, split over two or three times daily, and depending on their individual endocrinologist's recommendations. For example: 10mg before getting out of bed in the morning, 5mg at mid-day and 5mg no later than 6pm. Hydrocortisone should ideally be taken with water. The usual dose for prednisolone is 5-7mg by mouth, split over two times daily.

### Instructions for hospital ward staff

If patient is in severe shock, trauma, or has vomited, they will **urgently** need to have either a 100mg intramuscular injection of hydrocortisone or 100mg IV hydrocortisone. Please check their blood pressure, U&Es, glucose and other relevant tests. **Please alert surgeon and anaesthetist to this information pre-operatively.**

### PLEASE CONTACT THE ENDOCRINOLOGIST ON-CALL WITHOUT DELAY

- **Look** for their medic alert – necklace or bracelet
- **Read** their steroid care card or their Pituitary Foundation **Patient Care Card**
- **Listen** to the patient's family who will know about the patients emergency cortisol needs