

Sick Day Rule 1

Moderate intercurrent illness:

Fever, infection requiring antibiotics, surgical procedure under local anaesthesia

Double usual daily glucocorticoid dose



Sick Day Rule 2

Severe intercurrent illness, persistent vomiting (eg GI viral illnesses), during preparation for colonoscopy or in case of acute trauma or surgery

Hydrocortisone 100 mg intravenously at onset, followed by initiation of a continuous infusion of hydrocortisone 200 mg.24 h⁻¹

Or hydrocortisone 100mg intramuscularly followed by 50mg every 6 hours* i.m. or i.v.



Patient Education

Teach the patient and partner/parents how to self- administer and inject hydrocortisone. Provide them with a Hydrocortisone Emergency Injection kit (100 mg hydrocortisone sodium succinate for injection)

Addison's Disease Self Help Group (<https://www.addisonsdisease.org.uk>)

The Pituitary Foundations' websites (<https://www.pituitary.org.uk>).

Youtube video (Adrenal Crisis: when to give an emergency injection

https://www.youtube.com/watch?time_continue=12&v=NpIEmlschTg).