

Remember

*Always carry an identification medic alert with you at all times stating

' Adrenal insufficiency: In an emergency give Hydrocortisone'

*Carry an injection of Hydrocortisone with you during holidays and outings

*Always carry this card with you to explain your treatment

*Remember if you are travelling out of the country ask your Doctor for a letter stating your medical problem and that you are carrying emergency treatment

Important contact numbers

Paediatric Endocrine Nurse Specialist
Susan Sparrow
Karis Reyes
Samantha Gorman

01223 217496 (office)
Bleep via switchboard
01223 245151 Bleep 152 344

Paediatric Endocrine Registrar
Bleep via switchboard
01223 245151 Bleep 154 156

After 17:00 and at weekends
Paediatric Registrar on call
Bleep via switchboard
156 0002

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

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Children's Services

Patient Information

Sick day rules for children on replacement steroids

Name: _____

Date of Birth: _____

Hospital number: _____

Daily treatment regime

When your child is well they need the regular dose of hydrocortisone

Daily treatment

Please fill in the details of the regular dose your child takes

Date	Morning	Afternoon	Evening

Caution

Mild illness, such as a cold, sore throat and cough

Double each individual dose of hydrocortisone.

Continue for the duration of the illness.

Moderate illness, such as vomiting, flu, tummy upset and high fever

Triple the daily dose of hydrocortisone and give it in **three doses** throughout the day.

Continue for the duration of the illness.

Please call us for advice if you are concerned.

Alert

It can be necessary in certain situations to give an emergency injection of hydrocortisone:

- If your child is very drowsy and unrousable.
- No improvement seen after increasing the hydrocortisone tablets.
- Persistent vomiting or diarrhoea.
- After a serious accident or injury.

The dose of injection needed depends on age

Preschool children (0-5years) - 25mg (Efcortisol 0.25ml)

Older children (5-12 years) – 50mg (Efcortisol 0.5mls)

Teenagers (13+ years) – 100mg (Efcortisol 1.0ml)

If you have been instructed how to give this injection, you can do this yourself before taking your child to the nearest Accident and Emergency Department, otherwise call an emergency ambulance and inform them that the patient has adrenal insufficiency

Do not forget to take this card with you and give it to the doctor on arrival.