

**Steroid Emergency Card (Adult)**

Healthcare Improvement Scotland NHS SCOTLAND

**IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF**  
THIS PATIENT IS PHYSICALLY **DEPENDENT** ON DAILY STEROID THERAPY as a critical medicine. It must be given/taken as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment.  
Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.

Name.....  
Date of Birth..... CHI Number.....  
Why steroid prescribed.....  
Emergency Contact.....


Size 85mm x 55mm

When calling 999 or 111, emphasise this is a likely adrenal insufficiency/Addison's/Addisonian crisis or emergency **AND** describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).

**EMERGENCY TREATMENT OF ADRENAL CRISIS**

- 1) Immediate** 100mg Hydrocortisone i.v. or i.m. injection **followed by** 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5%  
**OR** 50mg Hydrocortisone i.v. or i.m. four times daily (100mg if severely obese)
- 2) Rapid rehydration** with Sodium Chloride 0.9%
- 3) Liaise** with endocrinology team

For further information scan the QR code or search <https://www.endocrinology.org/adrenal-crisis>



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