



Emergency Hydrocortisone in Adrenal Insufficiency

Patient's name: _____

DOB: _____

My Consultant is:

I am a patient with hypopituitarism and adrenal insufficiency. I have explained to you that, in case of emergency, I need an injection of hydrocortisone. You have been made aware that refusal to inject me could be life-threatening.

Please sign below confirming that you have refused to give me hydrocortisone.

Signed: _____

(To be signed by the refusing health professional - Ambulance, A&E or Ward Staff)

Print name: _____

Date: _____

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 will 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!**