

Keeping safe with adrenal insufficiency

Prescriptions

- Ensure you have enough supplies of hydrocortisone/prednisolone tablets. Speak to your GP about having two weeks' extra supply on your repeat 28 or 56 day prescription.
- Ask for a hydrocortisone injection to be prescribed, for use at home and/or whilst travelling

Medical ID

- Wear our **AI silicone band** or other ID jewellery, that states 'Adrenal Insufficiency' (steroid dependent) <https://www.pituitary.org.uk/catalog/gifts-and-goods/shop-items/adult%27s-adrenal-insufficiency-silicone-wristband/c-23/c-96/p-398>
- Carry your steroid card with you, plus our **AI emergency card** <https://www.pituitary.org.uk/catalog/free-essentials/hydrocortisone-awareness-card/c-23/c-81/p-173>

Information

- **Hydrocortisone Advice for patients** <https://www.pituitary.org.uk/information/publications/essential-free-publications/hydrocortisone-advice-pituitary-patient-leaflet/> For parents <https://www.pituitary.org.uk/information/publications/essential-free-publications/hydrocortisone-advice-for-parents-leaflet/>
- Our **Patient Care Card** explains to ambulance crew what to do if you become ill, and has space for your details and consultant, or endocrine nurse contact <https://www.pituitary.org.uk/catalog/free-essentials/pituitary-patient-care-card/c-23/c-81/p-177>

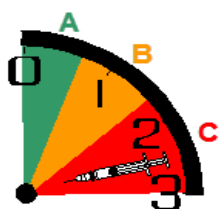
Being prepared

- Let family and friends know what they may need to do for you in an emergency
- Keep your extra supply of tablets and emergency injection in an easy to access place
- Keep needles and syringes with your emergency injection as a kit
- Keep instructions on how to give the injection in the kit – *HC Advice for patients* leaflet

Ambulance – call 999 and state 'adrenal crisis'

Please do show paramedic or ambulance staff our Ambulance Fact sheet

<https://www.pituitary.org.uk/information/publications/health-care-professionals/hydrocortisone-factsheet-for-ambulance-personnel/>



A = period of first feeling unwell (within, or up to one hour)

B = period of increasing illness (failure to retain oral cortisol) (during 2nd hour)

C = danger zone – emergency cortisol injection needed (by the 3rd hour)

- Get **red flagged** for your home address with your local ambulance service, in event of adrenal crisis and you need an ambulance <https://www.pituitary.org.uk/information/publications/essential-free-publications/get-red-flagged-factsheet/>

A&E or hospital admissions

- **A&E fact sheet** about adrenal insufficiency <https://www.pituitary.org.uk/information/publications/essential-free-publications/factsheet-to-ae-and-hospital-staff-about-adrenal-insufficiency/>
- **Patient bedside form** – your GP or endocrinologist can complete and return to you <https://www.pituitary.org.uk/information/publications/essential-free-publications/patient-bed-side-form/>

The Pituitary Foundation

www.pituitary.org.uk