

ADRENAL CRISIS CARE MEDICATION INFORMATION

(revised 9/30/2021)

SUITABLE SYRINGES AND NEEDLES FOR INJECTION

INTRAMUSCULAR

NADF Medical Director Paul Margulies, MD, FACE, FACP strongly suggests that adrenal insufficient patients only use hydrocortisone for adrenal crisis care injections.

Pfizer supplies their brand name hydrocortisone (Solu-Cortef®) in a convenient ACT-O-VIAL system, which contains powdered hydrocortisone sodium succinate and 2 mL of bacteriostatic water for easy mixing, drawing up into a syringe, and injecting.

Adolescents and adults should receive the full 100 mg dose.

For younger children, half the total vial contents, 50 mg or 1 mL, is sufficient.

Infants need only a 25 mg dose of ½ mL.

If you use a different brand of hydrocortisone, be sure to mix the powder well with only 2 mL of bacteriostatic water.

The appropriate injection site is in the outer thigh muscle of either leg.

Use a 3 mL syringe with a 1 inch long 21- or 22-gauge needle.

SUBCUTANEOUS

Subcutaneous (sc) injections of hydrocortisone to treat adrenal crisis in adults can be used.

The Solu-Cortef® vial has 100 mg of hydrocortisone sodium succinate to be dissolved in 2 mL of bacteriostatic water. When the hydrocortisone is given sc, it must be split into two doses of 1 mL each, because any volume greater than 1 mL is too much for a subcutaneous injection.

Each of the two sc injections can be administered with a 1 mL syringe using a needle that is 30 or 31 gauge or smaller. It turns out that insulin syringes with an attached needle are ideal for this.

The sc injections can be given into the lower abdomen or into the upper arm if given by a caregiver.

(We have yet to see studies regarding subcutaneous injections for children and infants, so NADF defers from instruction on this mode of dosing at this time.)



PFIZER'S SOLU-CORTEF

Pfizer has removed preservatives from their Solu-Cortef® product, and the item has been given a new NDC number. It is now 0009001103.

If your pharmacy is having trouble obtaining these products, please instruct them to call Pfizer's Customer Service at 800-533-4535.

Other possible contact numbers for Pfizer are 800-438-1985 or patient services at 1(888) 691-6813.

KEEPING YOUR INJECTABLE AT OPTIMUM TEMPERATURE

Injectable cortisol products (e.g., Solu-Medrol, Solu-Cortef, dexamethasone, etc.) must be stored at optimum temperature (68° to 77°F) to insure the active medicine's viability. To protect your injectable, you may need to take precautions to prevent it from either overheating or freezing. Use of insulated insulin carrying cases (available through diabetic supply establishments) will keep injectables cool and select cases, such as [Medicool's Insulin Protector Case](#), will also protect them from freezing.



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