

## TO AVOID OR CORRECT ADRENAL CRISIS

- Give hydrocortisone 100 mg intramuscular (IM) in the thigh, or subcutaneous (Sub-Q) in the lower abdomen or upper arm.
- Transport to nearest emergency care facility or treat on site with:
  1. IV hydrocortisone (Solu-Cortef®); if not available, you can use 4 mg IV or IM dexamethasone
  2. IV isotonic saline
  3. Continue IV hydrocortisone until oral medication is tolerated.

If patient's listed physician is unavailable, contact an endocrinologist immediately.

Scan here for further information or visit [tinyurl.com/AdrenalCrisisAlert](http://tinyurl.com/AdrenalCrisisAlert)



## Adrenal Insufficiency Medical Information Card (ADULT)



For non-emergent questions or more information, please visit our website or contact us using the information below:

**THE NATIONAL ADRENAL  
DISEASES FOUNDATION INC.**

Email: [NADFsupport@nadf.us](mailto:NADFsupport@nadf.us)  
[www.nadf.us](http://www.nadf.us)

## Adrenal Insufficiency Medical Information Card

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
  
Endocrinologist \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
  
Emergency contact \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
  
Medical conditions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Conditions Which Must Be Treated Immediately

include, but are not limited to

- Severe injury of any type
- Blood loss
- Fluid and/or electrolyte loss
- Infection
- Severe vomiting
- Diarrhea

### Instructions:

Please fill out this card with your personal health information, fold it on the scores and carry it with you.

Medical Condition:

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Medication:

Dosage:

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Medical Condition:

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Medication:

Dosage:

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Medical Condition:

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Medication:

Dosage:

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Medical Condition:

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Medication:

Dosage:

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Dear Emergency Personnel:

It is very important that the endocrinologist listed by the patient on the emergency card be contacted immediately for specific instructions. It is also extremely important that the emergency procedures listed on this card be followed, especially in the cases of blood loss, fluid loss, infection and severe diarrhea. Delay in providing appropriate care to these patients can further complicate their situation by allowing them to slip closer to or further into an adrenal crisis. Additional information on adrenal diseases including adrenal insufficiency can be found at the the **National Adrenal Diseases Foundation** website at [www.nadf.us](http://www.nadf.us).

Sincerely,  
Paul Margulies, MD  
*Medical Director, NADF*