Q. "I just turned 60 and need to have my first routine colonoscopy. Do I need to make any adjustments to my medication for Addison's Disease?"

A. "Colonoscopy should not be a big problem. On the day before the procedure, when you are on just clear liquids, take your normal dosage of steroids. Take your usual dose with a sip of water the morning of the study, plus an extra 5 or 10 mg of hydrocortisone just before the procedure, and then resume the normal afternoon or evening dose.

You must inform the doctor performing the colonoscopy and any anesthesiologist who is assisting about the Addison's disease. If there are any complications, or your blood pressure is low after the procedure, they should be prepared to give IV hydrocortisone if necessary. Most of the time, colonoscopy is quick and not very stressful."

The National Adrenal Diseases Foundation (NADF) is a non-profit organization providing information, education and support to all persons affected by adrenal disease. For more information on joining NADF, or to find a support group in your area, contact:

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