

HYDROCORTISONE IS THE CORRECT CRISIS CARE INJECTABLE FOR ADRENAL INSUFFICIENT PATIENTS

From Dr. Margulies' Q & A in NADF News®, VOL. XVIII, No. 3 * 2003

Q. I am unable to get Solu-Cortef® through my pharmacy and so they have substituted dexamethasone sodium phosphate (4mg/ml vial). Is this a valid substitute if I use 1 cc per use?

A. No, dexamethasone is not a great substitute for hydrocortisone. It contains no mineralocorticoid activity, so in an emergency (the only reason to take an injection of steroids), it would not provide enough stimulation to blood pressure. Most people really do not need to carry hydrocortisone for injections if they will be within an hour of an emergency room. If traveling in an isolated area, nothing is as good as hydrocortisone, either generic or Solu-Cortef brand.

From Dr. Margulies' Q & A in NADF News® VOL. XXIV, No. 1 • 2009:

Q. Recently my Solu-Cortef® injections expired. So last week I got my prescription renewed with dexamethasone, because it doesn't need complicated mixing like Solu-Cortef. However, last evening I was going through old NADF newsletters. In a 2003 Q&A to Dr. Margulies, he replied that dexamethasone is not a great substitute for hydrocortisone because: "it contains no mineralocorticoid activity (the only reason to take an injection of steroids) it would not provide enough stimulation to blood pressure." Should I get a new prescription for Solu-Cortef? Is there any injectable solution that is good for Addison's emergency that does not need mixing: this is a very difficult process for lay persons. I would appreciate your reply. Thanks for all the years of NADF and it's support!

A. I haven't changed my mind about dexamethasone. For emergencies, Solu-Cortef and/or the other brand of hydrocortisone are superior because it contains mineralocorticoid and well as glucocorticoid activity and therefore helps to maintain blood pressure.

Provided as a service by:

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:

The National Adrenal Diseases Foundation
P.O. Box 566
Lake Zurich, IL 60047
(847) 726-9010
www.nadf.us
e-mail: NADFmail@nadf.us

***NADF does not engage in the practice of medicine.
It is not a medical authority, nor does it claim to have medical knowledge.
In all cases, NADF recommends that you consult your own physician
regarding any course of treatment or medication.***