

TO AVOID OR CORRECT ADRENAL CRISIS

- Give hydrocortisone 100 mg IM in thigh, or subcutaneous in the thigh or upper arm.
- Transport to nearest emergency care facility or treat on site with:
 1. IV hydrocortisone (Solu-Cortef®)
 2. IV isotonic saline
 3. Continue IV hydrocortisone until oral medication is tolerated.

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



Adrenal Insufficiency Medical Information Card

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

THE NATIONAL ADRENAL DISEASES FOUNDATION INC.

PO Box 95149
Newton, MA 02495
Phone (847) 726-9010
Email: NADFmail@nadf.us
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

- 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:

Medication:

Dosage:

Medical Condition:

Medication:

Dosage:

Medical Condition:

Medication:

Dosage:

Medical Condition:

Medication:

Dosage:

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. For further information regarding adrenal insufficiency or any other adrenal disease, please contact: **The National Adrenal Disease Foundation**

Sincerely,

Paul Margulies, MD

Medical Director

NADF