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
### Conditions Which Must Be Treated Immediately

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

### Instructions

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

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**NADF**

Medical Director
Paul Margulies, MD

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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. For further information regarding adrenal insufficiency or any adrenal crisis, contact the National Adrenal Disease Foundation.

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[Table of Medical Conditions and Medications]