

MAKING A DIFFERENCE IN THE LIVES  
OF CHILDREN, YOUTH AND FAMILIES



Illness Management- Stress dosing for  
Adrenal Insufficiency

*Division of Endocrinology and Metabolism*



Affix Label

**ILLNESS MANAGEMENT:  
STRESS DOSING FOR  
ADRENAL  
INSUFFICIENCY**

***Emergency Care***

***Medication Dose***

Regular dose of Hydrocortisone (Cortef)/  
Prednisone / Dexamethasone

AM \_\_\_\_\_

PM \_\_\_\_\_

Bedtime \_\_\_\_\_

For fever between 37.5 - 38.5 C orally or underarm  
(38-39 rectal) and /or sore throat and /or cough  
and or minor injury DOUBLE or increase the  
doses to

AM \_\_\_\_\_

PM \_\_\_\_\_

Bedtime \_\_\_\_\_

For fever greater than 38.5 C orally or underarm  
(39 rectal), vomiting and/or diarrhea or a severe  
injury TRIPLE or increase the doses to

AM \_\_\_\_\_

PM \_\_\_\_\_

Bedtime \_\_\_\_\_

You may have been taught to give the medication by  
injection (Solu-Cortef). This is required if your child:

- is unable to keep down the medication by mouth
- is unable to respond normally, is unconscious or  
if they have had a serious injury.

**\*\*You may also need to call 911\*\***

Call the Endocrinologist-on-call for directions and  
prepare to go to the nearest Emergency department  
for assessment, possible IV medication and  
hydration.

- Present your wallet card to the triage nurse and  
inform them that your child has
- Adrenal insufficiency /Addison's disease /CAH

The Emergency Department will contact the  
Endocrinologist-on-call.

All children with permanent forms of adrenal  
insufficiency require a medic alert bracelet. Parents of  
children with Adrenal Suppression may discuss this  
need with their endocrinologist.

You can call the Endocrinologist-on-call during  
illness/injury with any urgent concerns about the  
above instructions.

***CHEO 613-737-7600 x 0 and ask for the  
Endocrinologist-on-call***

You may also call your Endocrine Nurse during  
business hours for non-urgent concerns  
613-737-7600 ext \_\_\_\_\_

***RN:*** \_\_\_\_\_