

INSTRUCTIONS FOR DILUTING CORTEF
(GENERIC NAME: HYDROCORTISONE)
DISSOLVE-A-DOSE METHOD

You will need:

Cortef 10mg tablet
Blue capped dissolve-a-dose tube
Syringe
Pill cutter
Water

Steps:

- Cut Cortef tablet in half, and put one half tablet in the Blue capped dissolve-a-dose tube
- Add 5mL of water to the Blue capped dissolve-a-dose tube
- Mix by shaking tube until tablet is dissolved. The liquid should look milky with no lumps. **If you need to put the tube down shake it again before continuing.**
- Open blue flip cap and push syringe in.
- Flip upside down, pull back on syringe to draw out liquid medication to dose indicated below

Regular dose: ____ ml (____ mg) in am,
____ ml (____ mg) in pm
____ ml (____ mg) at bedtime

Double dose: ____ ml (____ mg) in am,
____ ml (____ mg) in afternoon,
____ ml (____ mg) at bedtime

Triple dose: ____ ml (____ mg) in am,
____ ml (____ mg) in afternoon,
____ ml (____ mg) at bedtime