

**FOR EMERGENCIES/EXTREME STRESS SITUATIONS  
(TO AVOID OR CORRECT ADDISONIAN CRISIS)**

**Conditions which must be treated immediately:**

- severe injury of any type
- blood loss
- fluid and/or electrolyte loss
- infection
- severe vomiting
- diarrhea.

**Treatment protocol prior to Emergency Room arrival:**

- Give Hydrocortisone 100 mg. IM (intramuscularly) in thigh or gluteus muscle.
- Patient then should be immediately admitted to the nearest Emergency Room, where adrenal crisis treatment should begin promptly.
- If transportation to emergency medical facility is impossible, treat patient on site as listed below.

**Protocol for treatment of adrenal crisis in emergency room:**

- 1.) I.V. hydrocortisone.
- 2.) Administer I.V. isotonic saline.
- 3.) Continue I.V. hydrocortisone until oral medication is tolerated.

For further details, call Dr. \_\_\_\_\_

Specialty: \_\_\_\_\_

Office Phone: \_\_\_\_\_

Emergency Pager or Exchange #: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Patient Name \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MEDICAL CONDITIONS

MEDICATION

DOSAGES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Emergency contact #1: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency contact #2: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

**For more information, contact:**

**National Adrenal Diseases Foundation, 505 Northern Blvd., Great Neck, NY 11021  
Phone: (516) 487-4992 E-mail: nadfmail@aol.com Website: www.medhelp.org/nadf**