

## HYDROCORTISONE INJECTION INSTRUCTIONS

Unmixed hydrocortisone sodium succinate (Solu-Cortef®, A-Hydrocort®) should be stored at room temperature (59-86°F or 15-30°C). Mixed hydrocortisone may be stored at room temperature but should be protected from light. Use only if solution is clear. Unused solution should be discarded after three days.

For instructional videos on how to give a hydrocortisone injection, go to:  
[vimeo.com/manage/videos/646977887/39be60ed81](https://vimeo.com/manage/videos/646977887/39be60ed81)

QR Code:



### TO MIX INJECTABLE HYDROCORTISONE:

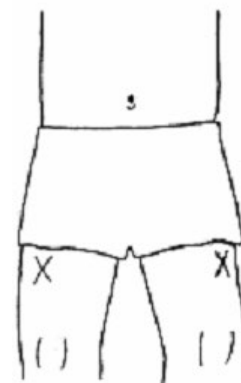
- Wash hands.
- Firmly push down on plastic cap to force diluent into the lower compartment.
- Gently shake mixed powder with diluent. Solution should be clear and free of lumps or clumps.
- Remove plastic tab covering center of stopper.
- Clean top of stopper with alcohol wipe.

### TO FILL THE SYRINGE:

Insert needle through centre of stopper. Turn the vial upside-down and withdraw the medication slowly. Make sure that the tip of the needle always stays in the liquid. If there are air bubbles in the syringe, push the air back into the vial.

### TO INJECT HORMONE:

- Position your child so that the outer thigh is exposed.
- Swab area with alcohol wipe and allow to dry.
- Support skin around injection site.
- Insert needle at 90-degree angle with quick (like a dart) thrust.
- Inject medication at a slow, even rate.
- Withdraw needle rapidly and apply pressure briefly to the injection site.
- Apply bandage if desired.



### PREPARATION OF SOLUTION: injectable hydrocortisone 100 mg/2 mL

#### AMOUNT TO BE GIVEN

- age under 3 years: 25 mg [0.5 mL]
- age 3 to 9 years: 50 mg [1 mL]
- age 10 years and older: 100 mg [2 mL]

### WHEN TO ADMINISTER:

- If your child is vomiting/has diarrhea, is unconscious or has a serious injury (i.e. broken bone).
- For general anesthetic or conscious sedation, contact your endocrinologist for instructions.

For emergencies, please call the Endocrinologist-on-call at 604-875-2161.