ENDOCRINOLOGY & DIABETES UNIT
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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.

TO MIX INJECTABLE HYDROCORTISONE:

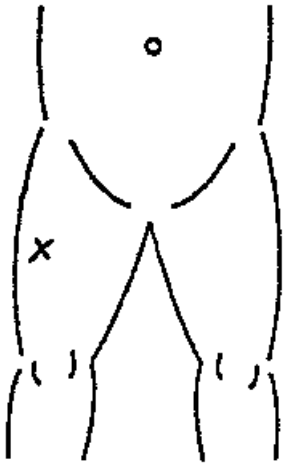
A. Wash hands.
B. Firmly press down on plastic cap to force diluent into the lower compartment.
C. Gently shake mixed powder with diluent. Solution should be clear and free of lumps or clumps.
D. Remove plastic tab covering center of stopper.
E. Cleanse top of plunger stopper with alcohol wipe.

TO FILL THE SYRINGE:

Insert needle through center of stopper. Invert vial and withdraw dose of medication slowly. Check syringe to be sure there are no air bubbles.

TO INJECT HORMONE:

A. Position your child so that the outer thigh is exposed.
B. Swab area with alcohol wipe and allow to dry.
C. Support skin around injection site.
D. Insert needle at 90-degree angle with quick (like a dart) thrust.
E. Gently pull back on the plunger to confirm correct needle placement. If blood returns, pull the needle out before injecting the medication and change injection sites.
F. Inject medication at a slow, even rate.
G. Withdraw needle rapidly and apply pressure briefly to the injection site.
H. Apply bandage if desired.



PREPARATION OF SOLUTION: Injectable Hydrocortisone 100 mg/2 mL or 250 mg/2 mL

AMOUNT TO BE GIVEN: _____ mg or _____ mL

WHEN TO ADMINISTER:

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

If you have questions, please call the Endocrine Nurse or the Endocrinologist-on-call.