ENDOCRINOLOGY & DIABETES UNIT
Endocrine Clinic
Phone: 604-875-2117
Toll-free: 1-888-300-3088, x2117
Fax: 604-875-3231
http://endodiab.bcchildrens.ca

DATE: _____

MANAGEMENT OF HYDROCORTISONE REPLACEMENT

Hydrocortisone is needed by the body to maintain normal blood pressure and blood sugar. It is therefore necessary for life. There are no side-effects when the replacement is the amount needed by the body.

NORMAL DAILY REPLACEMENT

Your child has been prescribed _____ and should take this as follows:

Morning: _____ Afternoon: _____ Evening: _____

If a dose is forgotten, take the dose as soon as possible. If the whole day's replacement is forgotten, take only a double dose as soon as possible and resume normal schedule.

STRESS DOSE (ILLNESS DOSE)

Your body needs a large amount of hydrocortisone during times of physical stress such as:

- Fever more than 101°F or 38.5°C
- Illness such as nausea, throat or ear infection
- Moderate trauma such as an injury requiring stitches or a broken bone

As soon as the illness or injury is recognized, the normal dose should be increased to:

For mild illness: _____ mg or _____ tablets/mL every _____ hours.

For moderate to severe: _____ mg or _____ tablets/mL every _____ hours.

If this stress dose is given for more than a week, discuss a plan with the doctor for tapering the dose back to normal.

Special instructions for infants: When a baby is sick, extra precautions should be taken:

- Check the child during the night for fever and treat it as instructed by your doctor.
- Be sure the baby gets enough fluid. Give Pedialyte® with 1 teaspoon added sugar, or formula.
- A baby who is not responding normally should be seen by a doctor.

EMERGENCY HYDROCORTISONE BY INJECTION FOR ILLNESS WITH VOMITING AND/OR DIARRHEA, SEVERE INJURY (FRACTURE), LOSS OF CONSCIOUSNESS, GENERAL ANESTHETIC, OR MAJOR SEIZURE

Hydrocortisone for injection (100 mg/2 mL) _____ mg, which is _____ mL (or cc) in volume

This injection will act quickly but will not last long—approximately 6 hours. After 6 hours, the child needs more hydrocortisone and if the child is still unable to take pills, the injection must be repeated.

IF YOUR CHILD IS ILL AND REQUIRES INJECTABLE HYDROCORTISONE, SHE/HE WILL LIKELY NEED FURTHER MEDICAL ATTENTION. TAKE YOUR CHILD TO THE LOCAL HOSPITAL WITHOUT DELAY FOR FURTHER ASSESSMENT AND TREATMENT.

Additional instructions: _____

If needed, contact the Endocrinology & Diabetes Unit at BC's Children's Hospital. During evenings and on weekends, call the 24-hour paging service at 604-875-2161 and ask for the Pediatric Endocrinologist-on-call.

**FOR LOSS OF CONSCIOUSNESS OR ANY OTHER SEVERE MEDICAL CRISIS,
GIVE INJECTION IMMEDIATELY AND CALL 911 FOR ASSISTANCE.**