

## ENDOCRINOLOGY & DIABETES UNIT

Endocrine Clinic

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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.**