

## ENDOCRINOLOGY & DIABETES UNIT

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DATE: \_\_\_\_\_

## DEPO-MEDROL® INSTRUCTIONS FOR ILLNESS

When your child is sick and unable to retain hydrocortisone pills, s/he should receive quick-acting injectable hydrocortisone (Solu-Cortef®, A-Hydrocort®) given into the muscle, according to the information on your [Management of Hydrocortisone Replacement](#) and [Hydrocortisone Injection Instructions](#) handouts.

Occasionally there are times when your child may need an **additional** long-acting cortisol product for illness management. Here are some examples:

- your child has a hard time keeping anything down for many hours when s/he gets the flu
- your child becomes sick in a place where health care is not available, for example:
  - travelling on a flight longer than 6 hours
  - travelling to another country
  - camping in a remote area

During an illness episode, your doctor has recommended that your child receive one injection of the quick-acting injectable hydrocortisone described on your form **AND ALSO**:

**Depo-Medrol®** (methylprednisolone acetate, 20 mg/mL): \_\_\_\_\_

These are given as two separate injections, and they will give your child's body the cortisol it needs for 24 hours. The injectable hydrocortisone will act quickly, and the Depo-Medrol® will last a long time. You will not need to give any other pills or shots for 24 hours. Then, if your child is still unable to take the hydrocortisone pills, continue to give a Depo-Medrol® injection every 24 hours. It is also important to discuss the situation with a doctor for ongoing management.

**Note:** Depo-Medrol® comes in other concentrations. If your pharmacist gives you a stronger form, please ask for instructions about how much to give.