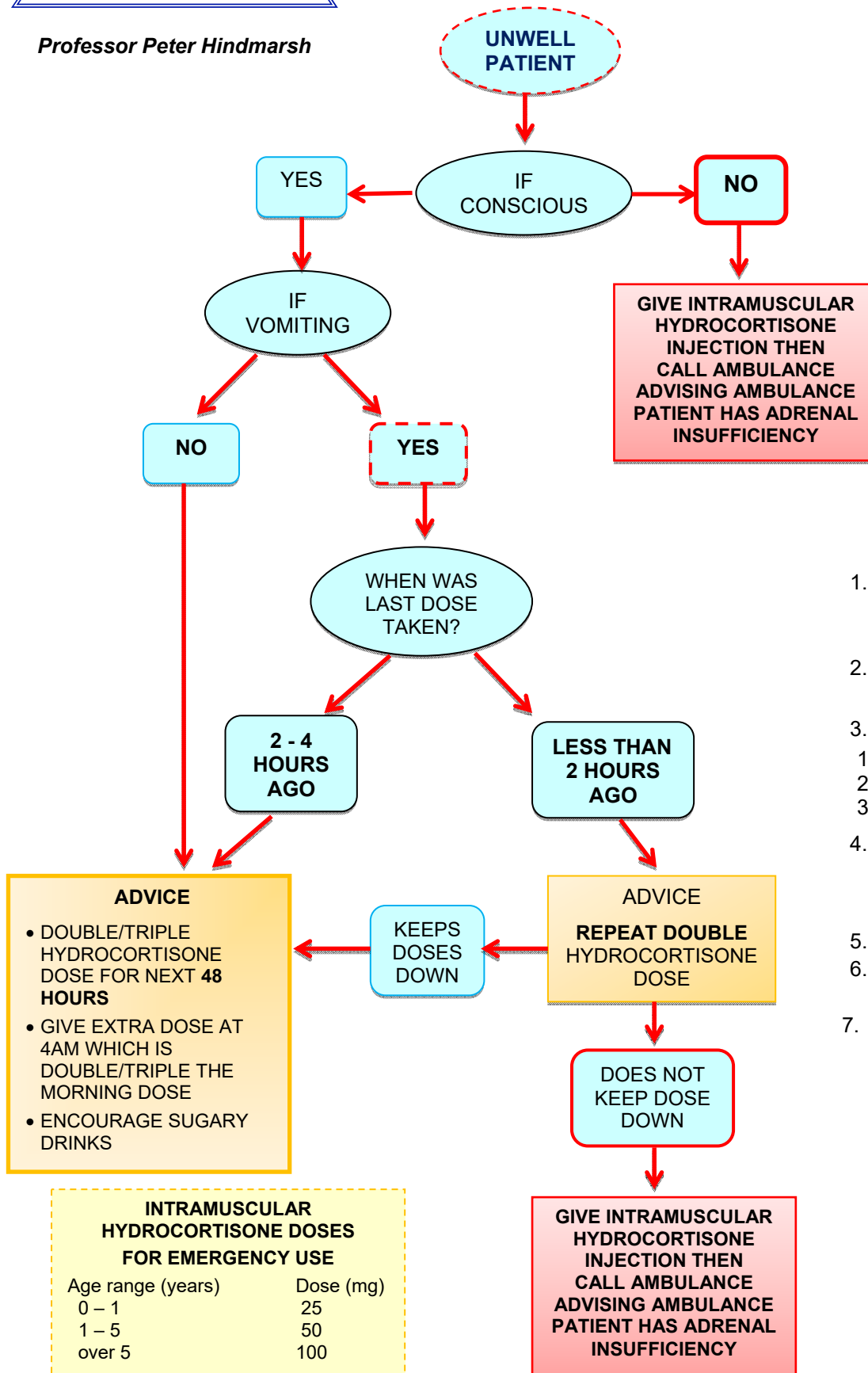


ADDISON'S QUICK GUIDE TO ILLNESS

Professor Peter Hindmarsh



Advice for going to A&E

1. Tell A &E staff that emergency hydrocortisone has already been administered.
2. Explain child has adrenal insufficiency.
3. Get the following measured:-
 - 1) Urea and electrolytes.
 - 2) Blood glucose concentration.
 - 3) Blood Pressure.
4. Should any of these levels be abnormal admit for glucose, electrolyte and blood pressure monitoring.
5. Close monitoring for 6 hours
6. Give double dose 4 hours after injection.
7. We recommend an extra dose at 4am which is double/triple the morning dose.

INTRAMUSCULAR HYDROCORTISONE DOSES FOR EMERGENCY USE	
Age range (years)	Dose (mg)
0 – 1	25
1 – 5	50
over 5	100

Professor Peter Hindmarsh Professor of Paediatric Endocrinology
Divisional Clinical Director for Paediatrics and Adolescents at UCLH

"The ideas expressed are independent of the authors' affiliations. Data provided is from current literature and should always be discussed with your endocrinologist first"

<http://www.cahisus.co.uk>