

ON HOLIDAY

Most people do not get ill on holiday or become involved in accidents, however in the event that problems arise then these problems need to be dealt with in the same way, that they would be at home.

If you are travelling abroad, or by plane, you will need a letter of authorisation to allow you to carry the injection kit with you through security checks and customs. Please give us as much warning as possible to your endocrine team.

Your team needs to know:-

- Destinations of the countries which you will be visiting.
- Dates of flights.

We can also provide:-

- Details of a suitable doctor or nearest hospital at your holiday destination
- Letter with details for emergency care.

However always remember:-

- If you think that if you/your child is ill, double or treble the hydrocortisone dose.
- We recommend an extra dose at 4am which is double/triple the morning dose.
- If there is associated vomiting intramuscular hydrocortisone should be administered.
- If you have used the intramuscular injection of hydrocortisone, take your child/go to the nearest Accident and Emergency department as soon as possible and tell the doctors of the condition and that emergency hydrocortisone has already been given.
- The doctors need to check with blood tests for salt balance and blood glucose, so don't leave until this has been done.
- In any situation of doubt insist that you/your child is admitted for glucose, electrolyte and blood pressure monitoring.

USEFUL TELEPHONE CONTACT NUMBERS

ENDOCRINE TEAM

NAME:.....

HOSPITAL

TELEPHONE.....

GP

NAME.....

SURGERY NAME.....

TELEPHONE.....

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



**Travel Advice
 Emergencies on Holiday**

**Congenital Adrenal
 Hyperplasia**

Professor Peter Hindmarsh

*Health professional, parents, patients
 and families working together to
 provide the best support for
 those who have CAH*

THINGS TO REMEMBER BEFORE YOU TRAVEL

Holidays abroad are great fun. This information leaflet tells you how to adjust doses for different circumstances. Don't forget that there are other potential risks from travel and we recommend that you discuss your plans with your consultant at an early stage.

You might also need advice on additional vaccinations or tablets, this can usually be obtained from your GP Surgery, most surgeries run a specialised Travel Clinic or you can contact the following:-

- Hospital for Tropical Diseases Travel Clinic
The Mortimer Market Centre
Mortimer Market (off Tottenham Court Road)
London WC1E 6AU
Tel: 0207 388 9600
- Healthline (charges 50p/minute): 09061 33 77 33
- <http://www.thehtd.org/Travelclinic.aspx>

GENERAL

You/your child should wear a Medic-Alert bracelet or equivalent at all times.

Take your/your child's:-

Adrenal Insufficiency card make sure it is up to date.

1. Ensure you have a copy of the:-
 - i) Emergency Letter
 - ii) Anaesthetic Protocol Leafletand keep these with your emergency kit
3. Make sure that your emergency kit is in date, ask for a new supply if it has expired.
4. Ensure you have enough supplies of all medication for the length of your holiday plus a few days more.
5. Make sure you have enough hydrocortisone to allow you to double/triple doses.
6. Getting medicines abroad can sometimes be difficult and the formulations are not always the same.
7. Carry your /your child's medication and the emergency kit in your hand luggage.
8. A valid Customs letter (see section On Holiday).

FLUDROCORTISONE

For patients who take fludrocortisone

It is perfectly safe to keep fludrocortisone tablets out of a fridge for a 2 week holiday as only your backup supply needs to be kept cool. Putting them in and out of fridge for short periods will do no harm.

EMERGENCY KIT

This emergency pack should contain one of each of the following:-

- ◆ Cotton wool ball.
- ◆ Alcohol wipe.
- ◆ Syringe.
- ◆ Needle.
- ◆ Ampoule of hydrocortisone for injection Efcortisol® which is now known as Hydrocortisone Sodium Phosphate (100mg in 1ml) or Solu-Cortef® 100mgs in 2 mls. Solu-Cortef® comes in powder form with 1 vial of sterile water (2mls to mix), see insert on how to mix.
- ◆ How to give an injection of Efcortisol® information booklet.

It is also advisable that you take several ampoules of Efcortisol with you in case an ampoule gets broken, or crushes as you try to break it.

Remember the emergency intramuscular hydrocortisone doses are:-

Intramuscular hydrocortisone doses for emergency use

Age Range (years)	Dose (mgs)
0 — 1	25
1 — 5	50
Over 5	100

- ◆ Tube of Glucogel® (used to be known as HypoStop).

Remember that:-

- Glucogel® should only be used when your/your child is showing signs of low blood sugar levels.
- Glucogel® should be used **AFTER** you/your child has had the hydrocortisone injection.

HOW TO USE GLUCOGEL®

- Gradually squirt the Glucogel® into the side the mouth, between the gums and the cheek.
- Alternatively, squirt the Glucogel® onto your fingertip and apply it between the gums and cheek.
- Up to one-third of a 25g tube may be needed.
- Massage the cheek to allow the gel to be absorbed, this should raise the blood sugar level within 10 minutes.
- It is also a good idea to always have a supply of oral hydration solution on hand (Dioralyte).

DEALING WITH DIARRHOEA

- Diarrhoea is a particular problem due to the fluid losses.
- Oral rehydration solutions such as Dioralyte should be used.
- Make sure you/your child is passing urine regularly.
- Seek medical advice early especially:-
 - ~ If there is a fever.
 - ~ Blood in the diarrhoea.
 - ~ You/your child becomes confused.
 - ~ The diarrhoea does not stop after 24 hours.
- Do not use anti diarrhoeal drugs.

In some countries it is wise to use only bottled water for drinking, even when cleaning teeth and avoid ice in drinks.

EMERGENCY PACK

- Keep the entire emergency pack together, in a safe place where children cannot reach it.
- Keep it at room temperature, out of direct sunlight or heat.
- The injection ampoules do not need to be kept in the fridge.