

**EMERGENCY KIT**

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

- ◆ Copy of the Emergency letter.
- ◆ Adrenal Insufficiency Card.
- ◆ Alcohol Wipe and cotton wool ball.
- ◆ Syringe & Needle.
- ◆ Ampoule of hydrocortisone for injection Efcortisol® recently renamed 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® (Hydrocortisone Sodium Phosphate) information booklet.
- ◆ Tube of Glucogel® (used to be known as (HypoStop) For full instructions on how to use Glucogel® see Emergency Travel Leaflet.
- ◆ Oral Solution of Dioralyte in case of diarrhoea

Remember that:-

- If you/your child is ill we now recommend **an extra double/triple** dose at **04:00 am**. *This dose should be the same as the morning double/triple dose* and give the morning double/triple dose at 07:00 am.
- Glucogel® should only be used when you/your child is showing signs of low blood sugar levels.
- Glucogel® should be used **AFTER** you/your child has had the hydrocortisone injection.
- It is advisable that you take several ampoules of Efcortisol (Hydrocortisone Sodium Phosphate) with you in case an ampoule gets broken, or crushes as you try to break it.

**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.
  - ~ Your child becomes confused.
  - ~ The diarrhoea does not stop after 24 hours.
- Do not use anti diarrhoeal drugs.

**REMEMBER**

You will need a letter of authorisation to allow you to carry the injection kit with you through security checks and customs. Please remember to allow your endocrinologist enough time to organise the letter before you travel.

**THE EMERGENCY LETTER GENERAL ANAESTHETIC PROTOCOL ARE ACCESSIBLE FROM OUR WEBSITE**  
<http://www.cahisus.co.uk/>

**USEFUL CONTACT NUMBER**

Hospital for Tropical Diseases Travel Clinic  
Mortimer Market (off Tottenham Court Road)  
London WC1E 6AU  
Tel: 020 7388 9600  
Healthline (charges 50p/minute): 09061 33 77 33

**ENDOCRINE TEAM**

NAME:.....

HOSPITAL .....

TELEPHONE.....

GP

NAME.....

SURGERY NAME.....

TELEPHONE.....

This leaflet is a joint production between Professor Peter Hindmarsh and Kathy Geertsma  
The series editor is Professor Peter Hindmarsh  
Professor of Paediatric Endocrinology and Divisional Clinical Director for Paediatrics and Adolescents at UCLH  
<http://www.cahisus.co.uk>

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



**Adrenal Hypoplasia Congenita**

**TRAVEL ADVICE  
TIME ZONES**

**Professor Peter Hindmarsh**

*Air travel means that patients receiving hydrocortisone treatment will need to face changes to their dosing schedule. This information sheet tells you how to adjust doses for different travel destinations. Always carry your medication with you in your hand luggage.*

## AIR TRAVEL AND TIME ZONES

Increasing air travel means that many patients receiving hydrocortisone treatment have to face changes to their dosing schedule. This information sheet tells you how to adjust doses for different travel destinations.

You might also need advice on additional vaccinations or tablets, so a call to the Travel Clinic or as most GP's run a travel clinic, an appointment to discuss what is required is a good idea.

## PLEASE REMEMBER

- You/your child should wear a Medic-Alert bracelet or equivalent at all times.
- Take a copy of the Emergency letter with you, remember it can also be accessed from our website
- Take your/your child's Adrenal Insufficiency Card with you and make sure it is up to date.
- Carry you/your child's supply of hydrocortisone for emergency use in your hand luggage.
- Make sure all medication is in date and allow plenty of time to get a new supply if it has expired.
- Ensure you have enough supplies of everything for the length of your holiday plus a few days more.
- Also make sure you have an extra supply of in case of illness.
- Getting medicines abroad can sometimes be difficult and the formulations are not always the same.

## 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.

## TIME ZONES

For travel within Europe this is not a problem but longer journey times may need some adjustment to the timings of doses. See chart of countries and dose adjustments.

No change to fludrocortisone is required as it is taken on a once-daily basis and this should be continued. In those travelling to hot climates an increase in salt intake may be required.

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.

## MEDICATION CHANGES DURING TRAVEL

### TWICE DAILY HYDROCORTISONE THERAPY

#### Africa

##### (Including South Africa)

*Journey to and from Africa*

Note:- Within a 1 to 3 hour time difference, no change is required, therefore no change required.

#### Europe

*Journey to and from Europe*

Note:-  
Within a 1 to 3 hour time shift, no change is required.

#### Far East, Australia or New Zealand

*Journey to and from Far East, Australia or New Zealand*

Note:-  
For these journeys, it is better to switch to an 8-hourly treatment programme.  
Normal daily schedule up to departure.  
Switch to 8-hourly schedule for flight duration.  
Continue 8-hourly schedule until morning after arrival.  
Go back to normal dose schedule.

#### Middle East or India

*Journey to Middle East or India*

Evening dose as usual.  
Half morning dose on arrival.  
Normal dose schedule from the morning of arrival day.

*Journey from Middle East or India*

Evening dose as usual.  
Repeat evening dose when boarding plane.  
Usual morning dose on arrival in UK.  
Normal evening dose.  
Normal dose schedule the following day.

#### United States of America

*Journey to USA*

Morning dose as usual.  
Half morning dose on arrival.  
Evening dose before going to bed.  
Normal dose schedule the following day.

*Journey from USA*

Evening dose as usual.  
Normal dose schedule the following day.

## MEDICATION CHANGES DURING TRAVEL

### THREE TIME DAILY HYDROCORTISONE THERAPY

#### Africa

##### (Including South Africa)

*Journey to and from Africa*

Note:- Within a 1 to 3 hour time difference, no change is required, therefore no change required.

#### Europe

*Journey to and from Europe*

Note:-  
Within a 1 to 3 hour time shift, no change is required.

#### Far East, Australia or New Zealand

*Journey to and from Far East, Australia or New Zealand*

Note:-  
No significant changes as dose schedule is already 8-hourly.

#### Middle East or India

*Journey to Middle East or India*

Evening dose as usual.  
Half morning dose on arrival.  
Normal dose schedule from the morning of arrival day.

*Journey from Middle East or India*

Repeat evening dose on boarding plane.  
Usual morning dose on arrival in UK.  
Second dose late afternoon.  
Normal evening dose.  
Normal dose schedule the following day.

#### United States of America

*Journey to USA*

Morning dose as usual.  
Half morning dose on arrival.  
Evening dose before going to bed.  
Normal dose schedule the following day.

*Journey from USA*

Evening dose as usual.  
Normal dose schedule the following day.