Stress Dosing – Oral and injection

During illness and stress, the body automatically increases the production of cortisol to react to the stress/illness so that the body can heal faster. With adrenal insufficiency, however, the body is not able to do this on its own. This then needs to be done artificially by increasing the amount of hydrocortisone you are taking. Stress dosing is given for any of the following reasons:

Fever 101°F or higher	Bronchitis
Diarrhea	Broken bone
Vomiting	Sprain or strain
Ear infection	Serious injury/accident
Strep throat	Surgical procedure
Pneumonia	Immunizations

Stress dosing: Double your cortisol dose for 3 days.

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If, for instance, you take the stress dose of pills and vomit within 30 minutes, give the stress dose again. If you vomit again, you will need to get a hydrocortisone (Solucortef) injection of 50 mg into the muscle. Always make sure that you have an up-to-date medication - the date is stamped on the vial.

Once you get this injection, it is important to go to the emergency room within 4 hours for medical treatment. Tell the emergency room doctors that you have adrenal insufficiency and what medicine you are taking and at what doses.

If you will be having surgery for any reason, please let the surgeon know before the procedure to discuss the need for stress dosing before, during and after the procedure.

Because illness or injury can be life threatening for persons with adrenal insufficiency, it is important to wear a medical identification bracelet or necklace so emergency personnel know you need special treatment.

Medical ID bracelet or necklace # 1-800-363-5985 or www.American**Med**ical-ID.com