



Türkiye Addison Hastaları Topluluğu

www.addisonturkiye.com



STEROID EMERGENCY CARD

(Adult)

IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF

THIS PATIENT IS PHYSICALLY DEPENDENT ON DAILY STEROID THERAPY

Steroids are a **critical medicine** for this patient: they must be given as prescribed and **never omitted or discontinued**. Missed doses, illness or surgery can cause **adrenal crisis** requiring emergency treatment.

NAME

WHY STEROID PRESCRIBED

e.g. Addison's disease / primary adrenal insufficiency

MEDICINES AND DOSES (OPTIONAL)

EMERGENCY CONTACT (NAME, PHONE)



STEROID EMERGENCY CARD

112 (emergency, Türkiye): If I become unwell, tell the **112 team** that I have **Addison's disease**, may be having an **Addisonian / adrenal crisis**, and **must take steroids regularly**. Also describe the symptoms: **vomiting, diarrhoea, dehydration, injury / shock**.

EMERGENCY TREATMENT — for healthcare staff

- 1** Immediate **100 mg hydrocortisone i.v. or i.m.**, followed by a 24-hour continuous i.v. infusion of **200 mg hydrocortisone in glucose 5% OR 50 mg hydrocortisone i.v./i.m. every 6 hours (qds)** (100 mg if severely obese).
- 2** Rapid rehydration with **sodium chloride 0.9%**.
- 3** Liaise with the **endocrinology team**.

Clinical content adapted from the UK *NHS Steroid Emergency Card* and Society for Endocrinology guidance: endocrinology.org/adrenal-crisis. This is not an official NHS card; it is a volunteer adaptation by the Addison Patients Community of Türkiye, for general information only. Ask your endocrinologist about your own treatment plan.

Print double-sided at A6 (or cut out both sides and glue them back to back); keep it in your wallet and emergency kit.