

Patient Information: Sick days: When to give additional steroids

British Society of Paediatric Endocrinology & Diabetes Adrenal Insufficiency Guidance: (Link)

Situation	Change to usual hydrocortisone dose	Length of change	When to get help?
Minor Illness			
Mild cold / runny nose with no fever. Minor playground bumps and bruises	No change		
Moderate or severe illness			
Fever, flu, infection, childhood illnesses (usually not well not enough to go to school)	Sick day doses required	For as long as the illness lasts	Contact GP or medical team if not improving after 24-48 hours
Vomiting or diarrhoea	Sick day doses required		
	If sick day dose tolerated (kept down for at least 30 minutes with no frequent diarrhoea or vomiting), then continue oral sick day dosing		
	If sick day dose not tolerated, give intramuscular (IM) hydrocortisone injection		If an IM injection of hydrocortisone is required then dial 999 and inform them that the patient is having an adrenal crisis
Drowsy and unresponsive	Give IM hydrocortisone injection		
Major trauma or severe shock (e.g. suspected fracture, road traffic accident, head injury with loss of consciousness).	Give IM hydrocortisone injection		
Other (discuss with medical team)			
Routine or travel vaccinations	Consider 1 or 2 doses of sick day steroids.	Continue if unwell	
Long haul flights	Give usual morning dose at 6 to 8 hourly intervals		
Child or centre specific recommendations			
Surgical and dental procedures			
Minor surgery (e.g. tooth extraction under local anaesthetic)	Sick day dose prior to procedure. Return to usual dose immediately afterwards.	Continue sick day doses for up to 24 hours if in pain or unwell	Inform medical staff including dentist and anaesthetist that you/your child have adrenal insufficiency and takes steroids
Major surgery (e.g. operation requiring general anaesthetic)	Sick day oral steroids on day of procedure even when fasting. Intravenous (IV) hydrocortisone will be given a little before putting your child to sleep and during surgery, and after surgery if needed	As per local policy or contact treatment centre for advice	