This handout is for patients who have adrenal insufficiency.

**Illness Management (Stress Dose)**

**Mild**
- Fever (over 38.5°C/101°F)
- Vomiting
- Diarrhea
- Lethargy (very tired)
- Broken bone or cut needing stitches

Give stress dose by mouth as soon as you notice any symptoms above

_____ mg (_____ml) three times a day

*even if you already gave a daily dose

Has your child vomited or had diarrhea within 30 minutes of taking their dose?

**No**
Continue stress dose by mouth 3 times a day until symptoms improve. If longer than 3 days, seek medical advice.

*If your child is *not* drinking and peeing regularly seek medical advice immediately

**Yes**
Repeat stress dose

_____mg (_____ml)

Has your child vomited or had diarrhea again within 30 minutes of taking their dose?

**No**
Continue stress dose by mouth 3 times a day until symptoms improve. If longer than 3 days, seek medical advice.

*If your child is NOT drinking and peeing regularly seek medical advice immediately

**Severe**
- Decreased responsiveness
- Unresponsiveness
- Inability to swallow

**Yes**
Give SOLUCORTEF injection

- 0-3 years: **0.2** ml
- 3-10 years: **0.4** ml
- > 10 years: **0.8** ml

And
Go to Emergency
Or
Call EMS (911)

**Yes**
Give SOLUCORTEF injection

- 0-3 years: **0.2** ml
- 3-10 years: **0.4** ml
- > 10 years: **0.8** ml

And
Go to Emergency
Or
Call EMS (911)

If you have questions about illness management, you may call the endocrine clinic or endocrinologist on call:

**Endocrine Clinic**
Nurse Contact: _____________________

**After Hours On-Call Endocrinologist**
Phone: 416-813-7500