

**Steroid Coverage for Stress in Hypoadrenal or Hypopituitary Patients**  
**(for people who need to take daily steroids or cortisone)**

**1. MILD STRESS:**

- A. Examples: cold, single tooth extraction
- B. Double your usual daily dose of steroid (i.e., cortef, hydrocortisone, prednisone, dexamethasone, etc.) for the first few days of the illness and give the steroid in divided doses about every 8 hours; i.e., if your usual total daily dose of hydrocortisone is 22.5 mg., give 15 mg. every 8 hours.
- C. Taper your steroid back to your usual dose over 2-4 days as you are feeling better.
- D. If you are on florinef as well, do not double or change this medicine.
- E. Drink plenty of extra fluids.

**2. MODERATE STRESS:**

- A. Examples: flu, mild trauma, multiple tooth extractions
- B. Triple your usual daily dose of steroid (i.e., cortef, hydrocortisone, prednisone, dexamethasone, etc.) for the first few days of the illness and give the steroid in divided doses about every 8 hours.
- C. Taper your steroid back to your usual dose over 2-4 days as you are feeling better.
- D. If you are on florinef as well, do not double or change this medicine.
- E. Drink plenty of extra fluids; if you are feeling nauseous, take phenergan or other suppository to prevent vomiting and dehydration.

**3. SEVERE STRESS**

- A. Examples: illness with vomiting, significant trauma
- B. Give intramuscular cortef or 4 mg. of dexamethasone injection.
- C. Push fluids and attempt to take triple your usual dose of steroid. Give phenergan or other suppository to stop or prevent vomiting. Give florinef if you are on this medication.
- D. Call our office immediately or get to an emergency room as soon as possible.

**4. PRIOR TO A SCHEDULED PROCEDURE OR NONEMERGENCY SURGERY**

- A. Call our office 4-7 DAYS before to arrange for an adjustment in the amount of medication that you will be requested to take before and possibly after the procedure/surgery.
- B. We will need the name and phone number of the physician so that we can discuss giving specific medication and fluids intravenously prior to and/or during the procedure/surgery.

**ALWAYS WEAR YOUR MEDIC-ALERT NECKLACE OR BRACELET !!!!!**  
**IT MAY SAVE YOUR LIFE.**

**Thank you!**  
**The Endocrine Clinic**  
**(24 hour #: 901-763-3636)**