SickKids
THE HOSPITAL FOR SICK CHILDREN

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

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)

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)

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