

## The New NHS Steroid Emergency Card

May 2021

Dear Patient,

We are writing to you as you are taking a regular steroid medication. Common examples of this are Hydrocortisone, Prednisolone or Dexamethasone tablets, Clenil, Seretide, or Fostair inhalers, Prednisolone enemas or suppositories. There are many other examples also. If you are not sure which of your medicines contains a steroid, please ask at the pharmacy next time you collect your prescription.

This is an effective medication but it is important that the instructions below are followed:

- **DO NOT STOP** taking this steroid medication
- If you are unwell, have a fever, are involved in an accident or require surgery, **you may need a higher dose**
- Always carry this card
- Show this card to any healthcare professional who gives you treatment

**In case of emergency, if you are seriously unwell or have diarrhoea and/or vomiting and cannot take any tablets**

- Seek urgent medical help
- You will require a hydrocortisone injection and may need hospital admission.

**Do I still need to keep the blue Steroid treatment card too?**

- Yes, you will need to keep both. However this new NHS Steroid Emergency Card is very important. Also still wear your medic alert bracelet or necklace and keep any other emergency cards you may have.

**I have lost my new card, where can I get another one from?**

- New or replacement NHS Steroid Emergency Cards can be obtained from your GP practice, community pharmacy or hospital, or downloaded from <https://www.endocrinology.org/media/3873/steroid-card.pdf>
- You can have more than one card if you would like to store them in different places. Please make sure the details on both cards are the same.
- You can also screen shot the NHS Steroid Emergency Card and save your card. Then you can have it as screen saver on your smart phone. See further advice on how do this at: <https://www.addisonsdisease.org.uk/news/new-nhs-steroid-card-released>

.....Please cut out the card below and carry it with you at all times.....

<p><b>Steroid Emergency Card (Adult)</b> </p> <p><b>IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF</b> THIS PATIENT IS PHYSICALLY <b>DEPENDENT</b> ON DAILY STEROID THERAPY as a critical medicine. It must be given/taken as prescribed and never omitted or discontinued. Missed doses, illness or surgery can cause adrenal crisis requiring emergency treatment.</p> <p>Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.</p> <p>Name.....</p> <p>Date of Birth ..... NHS Number .....</p> <p>Why steroid prescribed .....</p> <p>Emergency Contact .....</p>	<p>When calling 999 or 111, emphasise this is a likely adrenal insufficiency/Addison's/Addisonian crisis or emergency <b>AND</b> describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).</p> <p><b>Emergency treatment of adrenal crisis</b></p> <p>1) <b>EITHER</b> 100mg Hydrocortisone i.v. or i.m. injection <b>followed by</b> 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5%</p> <p>OR 50mg Hydrocortisone i.v. or i.m. qds (100mg if severely obese)</p> <p>2) Rapid rehydration with Sodium Chloride 0.9%</p> <p>3) Liaise with endocrinology team</p>  <p>Scan here for further information or search <a href="https://www.endocrinology.org/adrenal-crisis">https://www.endocrinology.org/adrenal-crisis</a></p>
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