

Cortisol Insufficiency Dose Sheet

Date:

Name:

Cortisol is an important hormone used by the body for energy. It keeps the body's systems running smoothly. Extra cortisol is needed when the body is sick or injured. If the child's body does not have enough cortisol, his/her blood pressure and blood sugar may become low. This is called an adrenal crisis. Without treatment an adrenal crisis can lead to unconsciousness, coma and even death.

Daily Dose: Your doctor will tell you how to give your child daily medication.

Stress Dose:

If your child becomes sick or has a minor injury, you will need to give a higher dose.

Take _____
Right Away (no matter when the last dose) and every 8 hours (3 times a day) for 3 days.

Try to spread the medicine evenly throughout the day (i.e. 8am, 3pm, 10pm).

When to use cortisol for illness or injury:

- fever greater than 38C or 101F
- strep throat
- ear infection
- chest infection
- vomiting
- bad nose cold
- muscle sprains / broken bones

Adrenal Crisis:

If your child has signs of an Adrenal Crisis you need to give him or her the Solu-Cortef ® injection.

Give _____

Give the injection into the child's thigh or arm as you were taught.

You will not harm your child by Giving the Solu-Cortef ®injection.

Signs of Adrenal Crisis:

- weakness / dizziness
- extreme tiredness
- vomiting / diarrhea
- cold, clammy skin
- pains in legs, belly or back
- fast heart beat /breathing
- pale skin
- peeing less often

If your child needs sedation for a procedure, please contact the Endocrine office.

If you have any questions call the Endocrine Nursing Office (902)470-8127. In an emergency call the IWK at (902) 470-8888 or Toll Free 1-888-470-5888 Ext. 8127