

Adrenal Crisis Kit

Information and advice for adult patients and carers

Pharmacy

What is an adrenal crisis kit?

This is a kit that contains a prescription item called hydrocortisone in an injection format. This is only to be used for emergency or life-threatening situations following the sick day rules.

Why have I been prescribed this kit?

You have been diagnosed with Addison's disease or adrenal insufficiency, which is a condition that reduces your body's ability to produce enough steroids. Therefore, you have been recommended to have this kit prescribed by your consultant endocrinologist to help keep you safe, should an emergency or life-threatening situation arise (known as an adrenal crisis).

When and how should I use this kit?

You should be counselled by your specialist endocrine nurse or clinician ideally before your discharge to ensure that either you or an appropriate person is taught on when and how to use the kit. If not, you will be followed up in the outpatient setting.

You will be educated on the warning signs. These may include being tired, drowsy, or having a headache. The onset of an adrenal crisis can be quite sudden. If you are feeling unwell, for example a cold, you will need to double your steroid (hydrocortisone) dose as instructed. If severe enough, you will be instructed to follow the sick day rules for adrenal crisis.

What is included in the adrenal crisis kit?

A checklist of items required for the adrenal crisis kit is provided within this leaflet. Some of these items will be supplied from pharmacy. You are encouraged to put these items in a suitable container as the Trust does not provide one for you.

Do you have any self-management tips?

You are encouraged to:

- Always keep a minimum of two adrenal crisis kits and carry one with you at all times.
- Familiarise yourself with the [addisonsdisease.org.uk](https://www.addisonsdisease.org.uk) website (information for patient section) to educate yourself on the condition so that you are best prepared for an emergency.
- Familiarise yourself with the sick day rules.
- Register yourself with your ambulance trust to ensure that any future 999 callouts made are assigned to a high importance.
- Regularly practice using your kit.
- Regularly check the expiry date of your kit and ensure that you get a replacement from your GP in good time.

How to use the kit

You should be supplied with instruction leaflets from the [addisonsdisease.org.uk](https://www.addisonsdisease.org.uk) website for the two different versions of hydrocortisone used in an adrenal crisis as part of your kit.

Please familiarise yourself with these and ensure that the instructions are followed for the correct hydrocortisone version. Please remember that you or another person should not attempt to use the injection if not trained to do so.

Further information

Support Group

Addisons Disease Self-Help Group

Web address: <https://www.addisonsdisease.org.uk/>

(Website accessed 4 September 2024)

Contact details

Please fill out

Endocrine Nurse Specialist/Clinician Name:

.....

Contact number:

Adrenal Crisis Kit Patient Checklist (For Adults)

The following below should be enough for 2 kits. Please ensure you or an appropriate person is trained on how to administer a hydrocortisone injection before using. Your endocrine nurse specialist or clinician will educate you on how and when to use the kit. Please take the time to read through the list to familiarise yourself with the required items. Replacements can be ordered through your GP or specialist endocrine centre.

Step	Item
1	Two Hydrocortisone sodium phosphate 100mg ampoules (ready-to-administer form).
2	If this is not available in pharmacy, two hydrocortisone sodium succinate 100mg vials (powder form).
3	If the hydrocortisone sodium succinate form has been supplied, two 5ml water for injection glass ampoules should also be supplied.
4	Two 2ml or 3ml luer-lock syringes.
5	Two 26G brown needles (for injection use).
6	Two 23G blue needles (to help draw up the water for injection).
7	One Steroid card.
8	Instruction leaflets for the two versions of hydrocortisone.
9	Information on how to obtain a sharps box (available through your GP/council).

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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