

Patient guide: Steroid Emergency Card (SEC)

<p>Steroid Emergency Card (Adult) </p> <p>IMPORTANT MEDICAL INFORMATION FOR HEALTHCARE STAFF THIS PATIENT IS PHYSICALLY DEPENDENT 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 AND describe symptoms (vomiting, diarrhoea, dehydration, injury/shock).</p> <p>Emergency treatment of adrenal crisis</p> <ol style="list-style-type: none">1) Immediate 100mg Hydrocortisone i.v. or i.m. injection. Followed by 24 hr continuous i.v. infusion of 200mg Hydrocortisone in Glucose 5% OR 50mg Hydrocortisone i.v. or i.m. qds (100mg if severely obese).2) Rapid rehydration with Sodium Chloride 0.9%.3) Liaise with endocrinology team.  <p>Scan here for further information or search https://www.endocrinology.org/adrenal-crisis</p>
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Why have I been given this card?

You have been given this card because you are prescribed long-term steroid treatment. It is important that any healthcare professional who treats you knows you are on long-term steroids.

You should not stop taking your steroid treatment suddenly as this may make you feel unwell e.g. weakness, dizziness, tiredness, feeling or being sick, poor appetite, weight loss & stomach pain.

What do I need to do?

Complete the SEC with your own details and keep it safe in your purse/wallet. Always carry the SEC with you. Show your SEC to any healthcare professional you see. Let your family/ friends know that you carry a SEC ; ask them to remind you to show it at every chance when getting treatment. **This is very important if you need emergency treatment, they can also tell the emergency services for you.**

If you are seriously unwell or have diarrhoea &/or vomiting and cannot take any tablets, seek urgent medical help as you will need 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. Also wear your medic alert bracelet or necklace and keep any other emergency cards you may have.

What happens if I loose my new card?

You can get replacement cards from your GP, community pharmacy or hospital. You can have more than one card if you want to keep them in different places; just ensure the details on them are the same.

The card can also be downloaded from the Society for Endocrinology adrenal crisis webpage.

The QR code printed on the card takes you straight to the Society for Endocrinology [Adrenal Crisis page](#).

The card is also available as a download, allowing you to immediately print a copy for your wallet/purse.

You can also save a copy of the card to your mobile phone and have it as a screen saver

<https://www.addisonsdisease.org.uk/News/new-nhs-steroid-card-released>

Sick day rules

Information on what to do if you feel unwell and how to manage sick day rules can be found on the **Society of endocrinology website**: [ai-and-exogenous-steroids_patient-information-sheet.pdf](#)

Where can I purchase medical alert bracelets / necklaces from?

These can be purchased from most local pharmacies and online including the addisons disease website [here](#). You can also call Medic Alert directly 0207 833 3034 & place an order.

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