

REMINDER:
Carry your steroid card all the time.
Adrenal crisis can be life threatening.

SICK DAY RULES

"I feel unwell"



WHAT YOU NEED TO KNOW

Minor sickness can affect anyone on steroid replacement for an adrenal condition differently.

Triggers like vomiting, diarrhoea, flu, dehydration, surgery or procedure, injury or emotional stress.



An adrenal crisis is serious, uncomfortable and can be life-threatening.



Following the "Sick Day Rules" when you are unwell or injured will keep you safe and reduce chances of an adrenal crisis.

Ensure that you keep taking your medication despite whatever is going on.

WHEN TO DOUBLE YOUR DOSE

If you suffer from any of the below:

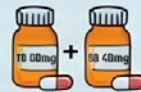
- Fever with temperature of 38°C or more.
- Bad cold, flu, diarrhoea, or other infection that makes you feel weak or badly.
- Break a bone or suffer from any significant injury.



You need to double your daily hydrocortisone or prednisolone dose. For example:

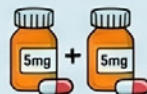
• Hydrocortisone

20mg morning, 10mg afternoon OR 10mg 3 times a day.



• Prednisolone

10mg daily or 5mg twice a day.



HIGH TEMPERATURE WARNING

What if I have temperature above 39°C?



A high temperature may indicate severe infection or the start of an adrenal crisis.

Take 20mg of hydrocortisone every 6 hours (or 5mg of prednisolone every 6 hours) and immediate medical advice.

FOR HOW LONG?



Double your dose for 48 to 72 hours.

If you don't feel better after 48 hours, seek treatment from nearest clinic or hospital.

If on antibiotics, double dose until finished.

VOMITING: AN EMERGENCY

I took my steroids but I keep vomiting it out



If you vomit within 30 minutes of taking the medication, take the dose again immediately.

Immediately seek medical treatment in the nearest clinic or hospital if you continue to vomit and not able to keep the medication in you.



You will be at risk for dehydration and saline drip is required to prevent adrenal crisis.

PERINGATAN:

Pastikan kad steroid dibawa bersama anda selalu.
Krisis adrenal boleh membahayakan nyawa anda.

Amalkan peraturan hari sakit akan menyelamatkan anda dari krisis adrenal.

PERATURAN HARI SAKIT

Pastikan “prednisolone” atau “hydrocortisone” terus diambil dalam apa situasi.

APA TINDAKAN ANDA?



‘Saya tidak sihat’

Kesihatan seorang pesakit adrenal boleh terjejas dengan kesakitan ringan. Amalkan peraturan hari sakit untuk menyelamatkan anda dari krisis adrenal!

Situasi yang dapat menyebabkan krisis adrenal dan dos ubat perlu digandakan.



Demam $\geq 38^{\circ}\text{C}$



Muntah-muntah
Dehidrasi



Selesema & Cirit-birit



Pembedahan



Kepatahan & Kecederaan



Kecederaan



Tekanan emosi

CONTOH PENGGANDAAN DOS



Hydrocortisone

10mg pagi & 5mg tengahari
→ 20mg pagi & 10mg tengahari
ATAU
10mg untuk 3 kali sehari



Prednisolone

5mg sehari
→ 5mg untuk 2 kali sehari

AWAS: SITUASI KECEMASAN



Suhu Badan Melebihi 39°C

Demam atau suhu badan yang tinggi boleh menunjukkan jangkitan kuman teruk & permulaan krisis adrenal.

Dapatkan rawatan segera di klinik atau hospital berdekatan.



Muntah-muntah dan Ubat Keluar Semula

Jika anda muntah dalam 30 minit ubat diambil: ambil semula dos serta merta.

Jika keadaan berterusan dapatkan rawatan segera di klinik atau hospital.



Anda berisiko untuk dehidrasi & memerlukan infusi larutan garam segera.



BERAPA LAMA UBAT DIGANDAKAN?



- Dos boleh digandakan untuk 48 hingga 72 jam.
- Kembali ke dos asal jika kembali sihat.
- Jika masih tidak sihat selepas 48 jam dapatkan rawatan hospital/klinik segera.
- Jika mengambil antibiotik teruskan ganda dos sehingga habis antibiotik atau sihat semula.

