



Guidelines on taking cortisone acetate to prevent an Addison's crisis

Mild physical stress, for example:

Intensive sport activity

Mild signs of disease (e.g. common cold) and a body temperature below 38.0 °C

Adjusting the cortisone acetate dose

It may be necessary to adjust the cortisone acetate dosage. Discuss this with your treating endocrinologist.

You do not need to adjust the dosage. Unless you know from experience that you need extra cortisone acetate for a quicker recovery. In that case, take 5 to 15 mg extra cortisone acetate short term every day. You can, if appropriate, spread this extra dosage over the day.

Moderate physical stress, for example:

Increasing signs of disease and/or temperature between 38.0 and 39.0 °C
Short-term vomiting (once or twice) caused by the illness
Short-term diarrhoea caused by the illness

Adjusting the cortisone acetate dose

Take an extra 25 mg cortisone acetate immediately. Double the daily dosage of cortisone acetate and spread it over the morning, afternoon and evening. Take at least 25-12.5- 12.5 mg cortisone acetate. Do this for as long as you are ill.

Does the fever last longer than 48 hours? If so, please contact your GP. Please indicate that you have adrenal insufficiency.

Dental surgery

Take an extra 12.5 mg cortisone acetate one hour before the surgery.

Severe physical stress, for example:

Severe signs of disease and/or temperature above 39.0 °C

Adjusting the cortisone acetate dose

Take an extra 25 mg cortisone acetate immediately. Treble the daily dosage of cortisone acetate and spread it over the morning, afternoon and evening. Take 25 mg cortisone acetate at least three times a day. Do this for as long as you are ill.

Does the fever last longer than 48 hours or do you feel seriously ill? If so, please contact your GP. Please indicate that you have adrenal insufficiency.

If in doubt, call your endocrinologist.

Accident resulting in injury

Take 25 mg cortisone acetate.

If necessary, call your endocrinologist.

Sustained vomiting
Sustained watery diarrhoea: about once or twice an hour

Inject 100 mg hydrocortisone (SoluCortef®) into a muscle or subcutaneously. Then call your endocrinologist immediately.

Loss of consciousness/unconsciousness

Please call or get someone to call the regional/national emergency number Please indicate that you have adrenal insufficiency. Inject 100 mg hydrocortisone (SoluCortef®) into a muscle or subcutaneously.

Call or get someone to call the endocrinologist.

Moderate mental stress, for example:

Fear of visiting the dentist
Nerves before an exam
Job interview

Adjusting the cortisone acetate dose

You do not need to adjust the dosage. Unless you know from experience that symptoms which fit with adrenal insufficiency occur if you do not increase the cortisone acetate. In that case, take a one-off extra 5 to 7.5 mg cortisone acetate. Evaluate this with your treating endocrinologist.

Severe mental stress, for example:

Death of a close relative
Funeral
Traumatic experience

Adjusting the cortisone acetate dose

Take 25 mg cortisone acetate. Then increase the daily dose short term (e.g. by doubling it). This depends on the degree of stress.