



Guidelines on taking dexamethasone 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 dexamethasone dose

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

You do not need to adjust the dosage. Unless you know from experience that you need extra dexamethasone for a quicker recovery. In that case, take 0.125 to 0.25 mg extra dexamethasone 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 dexamethasone dose

Take an extra 0.5 mg dexamethasone immediately. Double the daily dose of dexamethasone. Take at least 1 mg dexamethasone. 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 0.25 mg dexamethasone (half a tablet) one hour before surgery.

Severe physical stress, for example:

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

Adjusting the dexamethasone dose

Take an extra 0.5 mg dexamethasone (whole tablet) immediately. Treble the daily dose of dexamethasone. Take at least 1.5 mg dexamethasone. 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 0.5 mg dexamethasone.
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 dexamethasone dose

You do not need to adjust the dosage. Unless you know from experience that symptoms which fit with adrenal insufficiency occur if you not increase the dexamethasone. In that case, take a one-off extra 0.25 mg dexamethasone. Evaluate this with your treating endocrinologist.

Severe mental stress, for example:

Death of a close relative
Funeral
Traumatic experience

Adjusting the dexamethasone dose

Take 0.5 mg dexamethasone (whole tablet). Then increase the daily dose short term (e.g. by doubling it). This depends on the degree of stress.