

NHS Steroid Emergency Card

Information for patients

Why have I been given this card?

You have been given the NHS Steroid Emergency Card as you are taking long-term steroid treatment. It is important that any healthcare professional who treats you knows you are on long-term steroids.

You should not suddenly stop taking your steroid treatment, as you may feel very unwell if you do. You could have weakness, dizziness, tiredness, feeling or being sick, poor appetite, weight loss, and stomach pain.

What do I need to do?

You must complete the card with your own details. Keep it safe in your purse or wallet. Have it ready to show any healthcare professional you see.

Please let your family know that you carry an NHS Steroid Emergency Card. Ask them to remind you to show your card at every chance when getting treatment. This is very important if you need emergency treatment, as they can tell the emergency services for you.

Do I still need to keep the blue Steroid treatment card as well?

Yes, you need both cards. Still wear your medic alert bracelet or necklace as well, if you have one.

Steroid Emergency Card (Adult)

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.

Patients not on daily steroid therapy or with a history of steroid usage may also require emergency treatment.

Name.....

Date of Birth NHS Number

Why steroid prescribed

Emergency Contact

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).

Emergency treatment of adrenal crisis

- 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.

Scan here for further information or search <https://www.endocrinology.org/adrenal-crisis>



I have lost my new card, where can I get another one from?

You can get new or replacement NHS Steroid Emergency Cards from your GP practice, community pharmacy, or hospital. You can have more than one card if you would like to store them in different places. Please make sure the details on both cards are the same.

You can also take a picture of your NHS Steroid Emergency Card and have it as a screen saver on your smart phone.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation