

**ADRENAL INSUFICIENCY**

***EMS instructions***

**Carry this sheet with you at all times**

I have adrenal insufficiency and at all times carry injectable dexamethasone for emergency use. My doctor has authorized me, emergency personnel and sometimes certain friends/family members to inject a dose in the event of severe physical stress causing a significant risk of decompensation, such as extreme weakness, high fever, shock or even death.

Examples of emergency situations would be trauma, acute medical illness such as a heart attack or stroke, or even if unable to take usual oral maintenance medication. Symptoms of impending crisis include severe weakness, dizziness, nausea, abdominal pain or blackout spells.

Dexamethasone injection comes as 4 mg/mL solution and ½ - 1 mL should be given SQ or IM in emergency situations.

Once medication is given, consultation with the physician and/or emergency department is needed.

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Patient

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Physician

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Date