

## **SICK DAY RULES – ADRENAL INSUFFICIENCY**

In response to medical stress, healthy adrenals dramatically increase the amount of cortisol they produce. This will not occur in patients with adrenal insufficiency. Therefore, adrenal insufficiency patients raise their cortisol level by taking their glucocorticoid medication.

If you are vomiting and can't keep your medications down due to vomiting, go to the Emergency Room for IV glucocorticoids and fluids.

1. When you have a medical illness make sure you drink plenty of salt and sugar-containing fluids in order to keep yourself well hydrated.
2. If you are sick enough to miss work – double your dose of your glucocorticoid medication (hydrocortisone, cortisone acetate, prednisone) for 1-3 days.
3. If you are sick enough to miss work and have a fever – triple your dose of your glucocorticoid medication (hydrocortisone, cortisone acetate, prednisone) for 1-3 days.

Sick Day Rules do not apply to mental stress such as a hard day at work, worry, loneliness, sadness, etc. It is generally not necessary to increase your dose of mineralocorticoid (Florinef, fludricortisone) for medical stress.

Notify your endocrinologist if you need to increase your dose of glucocorticoids more than three days.