

Anyone suffering from an adrenal crisis will feel better within half an hour, but you should **always call both the emergency number (112 in most of the EU) AND** the endocrinology department at the hospital where the patient is being treated!

My name is:

My carer can be reached at phone number:

My specialist can be reached at phone number:

**IMPORTANT
MEDICAL
INFO**



**THIS PATIENT NEEDS DAILY REPLACEMENT
THERAPY WITH CORTISONE**

In the event of serious illness, trauma, vomiting
or diarrhoea, hydrocortisone 100 mg iv/im
and iv saline infusion should be administered
WITHOUT DELAY.

Name

Personnumber/Date of birth

European Society of Endocrinology

Emergency injection in an adrenal crisis. AdrenalNET



What to do if you think an adrenal crisis is likely.
How do you prepare an emergency injection?
And how do you give the injection?

For further information you can visit <https://adrenals.eu/video/>
and watch the animated clip “How an emergency injection works!”

1



Find the patient's emergency injection kit (SOS bag). That kit contains a vial with the ingredients you need, a syringe and 2 different needles. Even if you're not 100% sure this is an adrenal crisis, give the injection anyway. It will do no harm!

2



The vial containing the medicine.

6

Point the needle upwards and gently express a small amount of liquid from the needle, so you can be sure that there is no air left in the syringe.

10

Push the needle into the thigh. No need to remove clothing.

7

Draw up the liquid.

8

Change the needle for the drawing-up injection needle.

5

Avoid making it foamy.

3

Press the top down hard, so that the liquid can combine with the powder.

6

Once the liquid is clear, put the thickest needle on the syringe.

4

Mix the two together gently.