



Adrenal Insufficiency Guidelines:

To be used for patients with the diagnoses of:

- >Congenital Adrenal Hyperplasia (CAH)
- >Central Adrenal Insufficiency/Secondary Adrenal Insufficiency/Hypopituitarism
- >Addison's Disease/Primary Adrenal Insufficiency
- >X-linked Congenital Adrenal Hypoplasia
- >Iatrogenic Adrenal Insufficiency

Hydrocortisone is used for treatment of adrenal insufficiency with physiologic daily dosing every 8 hours in infants and children and every 12 hours in adolescents and adults. Dose of hydrocortisone is calculated using a **BSA** (body surface area) in m².

Alkindi sprinkles (used for infants) come in 0.5 mg, 1 mg, 2 mg, and 5 mg (supplied by Anovo Pharmacy).

Instructions on administration of alkindi:

<https://www.alkindisprinkle.com/wp-content/uploads/2023/05/caregiver-brochure.pdf>

Hydrocortisone tablets come in 5 mg, 10 mg, and 20 mg tablet

>Stress Dosing Instructions:

-In the setting of fever or severe illness, patients require higher doses of hydrocortisone for at least 24 hours until symptom-free for 24 hours, as below:

For fever of 100.4F -101.9F and able to tolerate medication by mouth: 25 mg/m²/day divided every 6 hours

For fever of 102F or more and able to tolerate medication by mouth: 50 mg/m²/day divided every 6 hours

-If patient has a fever or severe illness, but is unable to tolerate oral medication due to symptoms of vomiting or poor responsiveness, parent or guardian should administer Solu-Cortef injection:

For fever of 100.4F or more and unable to tolerate medication, give Solu-Cortef intramuscular injection and proceed to ER or call 911:

Solu-cortef (100 mg/mL): 50 mg/m²/dose once and proceed to ER or call 911

****Patients with adrenal insufficiency also require stress dosing for procedures requiring sedation, so please contact the patient's endocrinologist for further instructions in the setting of an upcoming procedure for the patient.****