

STEROID ALERT CARD



I am a patient currently taking corticosteroid treatment which must not be stopped suddenly.

Steroid Agent: _____

Reason for Steroid Usage: _____

If you have been taking this medicine for more than three weeks then the dose should be reduced gradually rather than stopping suddenly.

If you are taking hydrocortisone **NEVER** (unless instructed by a doctor/nurse) stop taking it.

Dosage: _____

Start Date: _____

If you become unwell please follow 'Sick Day' rules (reverse side).

Always carry this card, alongside your national steroid alert card, and show it to anybody that treats you up to one year after stopping steroids.

If you become unwell call your triage hotline number IMMEDIATELY

My Triage Hotline Number: _____

STEROID SICK DAY RULES

Should you become in any way unwell
(including a temperature of 37.5°C or more) then you must:

- Double your normal daily dose of steroid (no need to increase fludrocortisone if you are on it) and contact your triage hotline number immediately.
- If you are unable to take tablets or are vomiting you must attend A&E as you may need an injection of steroid.
- If you do vomit upon taking your steroids take a further dose of your steroids and contact the hotline for further advice.
- Steroid dose should only be reduced once you are well again and you don't have a fever.

My Triage Hotline Number:

