Folding Instructions

1. **Cut along thick lines**
2. **Fold top to bottom**
3. **Fold left to right**

Back of Card

EMERGENCY ROOM INSTRUCTIONS

This patient ***MUST be seen*** by a physician ***IMMEDIATELY***. Life-threatening electrolyte disturbances /adrenal crisis are highly possible with febrile illnesses, fluid depletion from vomiting and diarrhea, serious injury and surgery.

IMMEDIATE *Treatment should include:*

Initial Solu-Cortef IV bolus (can be given by IM if no IV access)

25mg for Children under 3 years
50mg for Children 3-10 years
100-200mg for Adults / Children over 10 years

IV Fluids (D5 normal saline at 20cc/kg for at least one hour, then continue fluid replacement)

STAT basic metabolic panel (sodium, potassium, chloride, carbon dioxide, glucose, BUN, creatinine, and calcium)

Present Medical Problems: Congenital Adrenal Hyperplasia (Adrenal Insufficiency)

Medications *(Medicamentos)*: _____

Allergies *(Alergias)*: _____

Other Important Information *(Otra información)* _____

Medical Alert

Adrenal Insufficient & Steroid Dependent

_____
patient name/nombre

_____
physician name/nombre del medico

_____
physician phone/número de teléfono

TIME IN WAITING AREA NOT APPROPIATE - MUST BE SEEN AND TREATED IMMEDIATELY

In an emergency, please contact:
(En caso de emergencia, comuníquese con):

Name *(Nombre)* _____

Phone *(Teléfono)* _____

Name *(Nombre)* _____

Phone *(Teléfono)* _____

My Doctor is *(Nombre de Médico)* _____

Phone *(Teléfono)* _____

Address *(Dirección del médico)* _____

cares CONGENITAL ADRENAL HYPERPLASIA FOUNDATION

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