

First Steps for the Adrenal Insufficient Patient



Get A Routine

Steroid replacement dosing is critical to your safety. Set up a plan to remember to take your medications daily, like a medication box, a reminder app for your smart phone, or a calendar. Order refills early so you don't run out.

Click on any [hyperlink](#) for more information.

Educate Your Support Network

Share your knowledge and the NADF's resources with your support network. Show them how to give an emergency injection and when to do so.

Print and Share Documents

Print emergency instructions for [adrenal crisis](#), [adrenal crisis information for providers](#), [stress dosing guidelines](#), and a document on when to [recognize an adrenal crisis](#) and low cortisol symptoms.

Get Medical Alert Jewelry

Have medical alert jewelry engraved with "Adrenal Insufficiency: Needs Stress Dose Corticosteroids". You will need to wear this at all times.

Join Support Groups

Look at the NADF website for local support groups in your community that can help.

Emergency Kit

You will need an emergency dose of injectable hydrocortisone, the needle to administer it, and an alcohol swab for your skin. Keep a kit available while traveling or when emergency care is not readily available. Instructions for administering an emergency injection of Solu-Cortef can be found [here](#).

Join NADF

The NADF is your partner in this journey and will be a source of reliable information, but can also provide much needed support. You are not alone in this and we are here to help. [Join NADF](#) and enjoy the many benefits of membership.

Live A Full Life

Live your life to the fullest, just always remember to adhere to the stress dosing guidelines as needed.

For more information click on our logo:

NADF

National Adrenal Diseases Foundation

