**Stress Dose Guidelines for CAH**

**Patient has fever***

- Single episode of vomiting*
- Last dose >2 hrs ago
- Last dose <2 hrs ago
- Mild injury
- GIVE INJECTABLE HC, 1 THEN CALL 9-1-1 AND ADVISE THAT PATIENT HAS ADRENAL INSUFFICIENCY

**If <102 F, give double the usual hydrocortisone dose until no fever x 24 hrs**

- Keep well-hydrated

**If ≥102 F, give triple the usual hydrocortisone dose until no fever x 24 hrs**

- Give Tylenol or Motrin as needed

**Give small sips of Pedialyte or other electrolyte drink**

- Avoid acidic or spicy food

*If patient has both fever and vomiting, follow both paths

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1 Hydrocortisone sodium succinate for IV/IM use

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Disclaimer: This document is intended for informational purposes only and should not be used in place of medical advice from the patient’s physician or other health-care provider.

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**Recommended Injectable HC**

<table>
<thead>
<tr>
<th>Age</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3 yrs</td>
<td>25 mg</td>
</tr>
<tr>
<td>4-9 yrs</td>
<td>50 mg</td>
</tr>
<tr>
<td>10+ yrs</td>
<td>100 mg</td>
</tr>
</tbody>
</table>