

WEB BOX I Identification Card for Patients Affected with Congenital Adrenal Hyperplasia

- Name
- Date of birth
- Gender:
 - Male
 - Female
 - Unassigned
- Father's name:
- Emergency contact number
- Diagnosis:
CONGENITAL
ADRENAL
HYPERPLASIA
- Management if sick:
 - Check blood glucose, serum electrolytes
 - Check hydration, blood pressure, perfusion. Start Intravenous fluids if in doubt.
 - At home: Do not stop hydrocortisone or fludrocortisone.
 - Minor illness (like upper respiratory tract infection, acute diarrhea or mild fever): Double the dose of oral hydrocortisone in minor illness.
 - Moderate to severe illness (vomiting, fever $>38.5^{\circ}\text{C}$, lethargy, poor feeding, dehydration, surgery, trauma): Take 3-5 times the dose of oral hydrocortisone. May need intravenous steroids if hospitalized or poor oral acceptance.
 - Withhold oral fludrocortisone till taking increased dose of hydrocortisone. Continue increased dose of hydrocortisone till illness subsides.
 - Hospitalization: Administer intravenous hydrocortisone at $50\text{-}75\text{ mg/m}^2$ stat if patient needs hospitalization.
 - Contact your doctor immediately after stabilization.