

Adrenal Crisis Checklist

Steroid and fluid emergency

Endocrine

PHYSICIAN REFERENCE

Do not delay

- If suspected, give parenteral hydrocortisone promptly; draw cortisol/ACTH first only if it causes no delay.

Support

- Rapid isotonic saline; add dextrose for hypoglycemia; correct electrolytes and treat trigger.

Clues

- Hypotension/shock, hyponatremia, hyperkalemia, hypoglycemia, abdominal symptoms, steroid withdrawal.

Clinical safety note

Use this as a memory aid, not a prescription. Verify current guidelines, local protocols, contraindications, renal/hepatic dosing, pregnancy status, interactions and patient-specific factors before treatment.