



## Medication Requirements for Surgical Procedures

### INFORM YOUR DOCTOR BEFORE UNDERGOING ANY PROCEDURE

Always inform your doctor, dentist or any specialist of your condition before undergoing any procedure. This includes invasive diagnostic tests such as colonoscopy, barium enema, procedures under general anesthesia, dental treatment or minor outpatient surgeries.

**Ensure your surgical team is aware of your need for extra cortisol/medication and that they have checked the surgical guidelines for stress dosing as they may never before cared for a patient with adrenal insufficiency.**

Type of Procedure	Pre- and intraoperative steroid needs (before and during surgery)	Postoperative steroid needs (after surgery)
Surgery under anaesthesia (general or regional), including joint reduction, endoscopy, IVF egg extraction	Hydrocortisone 100 mg intravenously on induction, followed by immediate initiation of a continuous infusion of hydrocortisone 200 mg.24 h <sup>-1</sup>	Hydrocortisone 200 mg.24 h <sup>-1</sup> by iv. infusion while nil by mouth or for patients with postoperative vomiting (alternatively, hydrocortisone 50 mg every 6 h by im. injection)  Resume enteral – double hydrocortisone doses for 48 h or for up to a week following major surgery.  With rapid recovery resume enteral – double hydrocortisone doses for 24 h
Bowel procedures requiring laxatives/enema.	Bowel prep under clinical supervision. Consider iv. fluids and injected glucocorticoid during preparation, especially for fludrocortisone or vasopressin-dependent patients.  Hydrocortisone 100 mg intravenously or intramuscularly at the start of procedure	Resume enteral – double hydrocortisone doses for 24 h
Labour and vaginal delivery	Hydrocortisone 100 mg intravenously at onset of labour, followed by immediate initiation of a continuous infusion of hydrocortisone 200 mg.24 h <sup>-1</sup> Alternatively, hydrocortisone 100 mg intramuscularly followed by 50 mg every 6 h intramuscularly	Resume enteral – double hydrocortisone doses for 48 h
Caesarean section	See surgery under anaesthesia	

i.m. = intramuscular; i.v. = intravenous

\* Example brands for hydrocortisone are: Cortef, Hysone

\*\* Example brands for soluble hydrocortisone are: Solu-Cortef, Solu-Medrol

Source: Woodcock T et al. Guidelines for the management of glucocorticoids during the peri-operative period for patients with adrenal insufficiency *Anaesthesia* 2020, 75, 654–663