

Patient information

Adrenal Insufficiency and Endoscopic Procedures

Diabetes and Endocrinology

If you have reduced cortisol levels (adrenal insufficiency) due to Addison's disease, Pituitary Disease or because of other health problems, then this leaflet aims to explain how to adjust your hydrocortisone if you have to undergo an endoscopy procedure.

Your consultant team has recommended that you have an endoscopy procedure. This is when the inside of your body is examined using something called an endoscope. An endoscope is a long, thin, flexible tube that has a light source and a camera at one end. Images of the inside of your body are relayed to a screen. Endoscopes can be inserted into the body through a natural opening such as the mouth and down the throat or through the anus into the rectum and bowel.

If you are already taking cortisol replacement e.g. hydrocortisone, prednisolone, dexamethasone, you should already be aware of the sick day rules regarding cortisol replacement (PIF 1021 V10 Steroid Replacement Therapy Sick Day rules).

Cortisol is vital to life and well-being; without cortisol the body cannot function properly. When you take cortisol replacement tablets, your body adjusts to having this level of cortisol provided for it and you need this replacement to stay well. Anything that brings on a stress response in your body, such as diarrhoea, means you will need to increase your daily doses of cortisol. Procedures such as surgical operations or invasive investigations, such as endoscopy, may also result in a stress response in your body.

Which procedures do I need to adjust my hydrocortisone / cortisol replacement for?

If you are to have an endoscopy that **does not** require any bowel preparation, you may take double your regular dose of hydrocortisone / cortisol replacement the day before your procedure and on the morning of your procedure.

At the beginning of the procedure you will be given hydrocortisone intramuscularly by the staff looking after you during the procedure. You will be monitored throughout and if you require more hydrocortisone during the procedure, the staff looking after you will administer this.

When your procedure is finished and you are discharged, you should continue with double your normal cortisol replacement dose for 24 hours and then return to your normal dose.

If you are to have an endoscopy that **does** require bowel preparation, you will need to take double your regular dose of hydrocortisone / cortisol replacement whilst taking the bowel preparation. You should also increase your fluid intake.

At the beginning of the procedure you will be given hydrocortisone intramuscularly by the staff looking after you during the procedure. You will be monitored throughout and if you require more hydrocortisone during the procedure, the staff looking after you will administer this.

When your procedure is finished and you are discharged, you should continue with double your normal cortisol replacement dose for 24 hours and then return to your normal dose.

What do I do if I am unwell when I go home?

If you have symptoms of a low cortisol such as nausea, vomiting or dizziness, then you must attend your nearest Accident and Emergency department for medical review.

If you experience any severe pain in your neck, chest or abdomen or if you are bleeding heavily, then you must attend your nearest Accident and Emergency department for medical review.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

PIF 1021 V10 Steroid Replacement Therapy Sick Day rules

If you have any queries or questions regarding your cortisol replacement, please contact:

Endocrinology specialist nurses

Tel: 0151 706 2417 (answer machine, all messages will be returned)

Text phone number: 18001 0151 706 2417

If you have any queries or questions regarding your endoscopy procedure, please contact:

The Gastroenterology Unit:

Tel: 0151 706 2819/ 2726

Text phone number: 18001 0151 706 2819/2726

Monday – Thursday 08:00-21:00 hrs

Friday 08:00-17:00 hrs

Weekends/ Bank holidays 08:00-16:00

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پینوهندیدار بهو نهخوشانهی له‌لایمن تراستهوه په‌سهند کراون، نه‌گسر داوا بکریت له فورماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نه‌لیکترونیکی همیه.

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