Guidelines on taking dexamethasone to prevent an Addison's crisis

Mild physical stress, for example:	Adjusting the dexamethasone dose
Intensive sport activity	It may be necessary to adjust the dexamethasone dosage. Discuss this with your treating endocrinologist.
Mild signs of disease (e.g. common cold) and a body temperature below 38.0 °C	You do not need to adjust the dosage. Unless you know from experience that you need extra dexamethasone for a quicker recovery. In that case, take 0.125 to 0.25 mg extra dexamethasone short term every day. You can, if appropriate, spread this extra dosage over the day.
Moderate physical stress, for example:	**Adjusting the dexamethasone dose**
Increasing signs of disease and/or temperature between 38.0 and 39.0 °C Short-term vomiting (once or twice) caused by the illness Short-term diarrhoea caused by the illness	Take an extra 0.5 mg dexamethasone immediately. Double the daily dose of dexamethasone. Take at least 1 mg dexamethasone. Do this for as long as you are ill. Does the fever last longer than 48 hours? If so, please contact your GP. Please indicate that you have adrenal insufficiency.
Dental surgery	Take an extra 0.25 mg dexamethasone (half a tablet) one hour before surgery.
Severe physical stress, for example:	**Adjusting the dexamethasone dose**
Severe signs of disease and/or temperature above 39.0 °C	Take an extra 0.5 mg dexamethasone (whole tablet) immediately. Treble the daily dose of dexamethasone. Take at least 1.5 mg dexamethasone. Do this for as long as you are ill. Does the fever last longer than 48 hours or do you feel seriously ill? If so, please contact your GP. Please indicate that you have adrenal insufficiency. **If in doubt, call your endocrinologist.**
Accident resulting in injury	Take 0.5 mg dexamethasone. **If necessary, call your endocrinologist.**
Sustained vomiting Sustained watery diarrhoea: about once or twice an hour	**Inject 100 mg hydrocortisone (SoluCortef®) into a muscle or subcutaneously.** **Then call your endocrinologist immediately.**
Loss of consciousness/unconsciousness	**Please call or get someone to call the regional/national emergency number Please indicate that you have adrenal insufficiency. Inject 100 mg hydrocortisone (SoluCortef®) into a muscle or subcutaneously.** **Call or get someone to call the endocrinologist.**
Moderate mental stress, for example:	**Adjusting the dexamethasone dose**
Fear of visiting the dentist Nerves before an exam Job interview	You do not need to adjust the dosage. Unless you know from experience that symptoms which fit with adrenal insufficiency occur if you not increase the dexamethasone. In that case, take a one-off extra 0.25 mg dexamethasone. Evaluate this with your treating endocrinologist.
Severe mental stress, for example:	**Adjusting the dexamethasone dose**
Death of a close relative Funeral Traumatic experience	Take 0.5 mg dexamethasone (whole tablet). Then increase the daily dose short term (e.g. by doubling it). This depends on the degree of stress.