

## Hydrocortisone (cortisol) suspension

The hydrocortisone suspension that your child requires is made at Shoppers Drug Mart in The Hospital for Sick Children. Outside pharmacies may obtain the recipe from our pharmacist (416-813-6700).

**When re-ordering, please notify the pharmacy 3 days in advance of needing a new bottle.**

The medication is stable for 60 days and should be stored at room temperature on the counter (**do not place near direct sunlight**).

You may ask the pharmacist to split the prescription into more than one bottle for daycare as your child gets older.

## How to give hydrocortisone (cortisol) to your newborn or infant

- 1) Prior to giving each dose, **shake bottle well** as the medication will settle to the bottom
- 2) Draw up dose and slowly squirt medication into your child's cheek pouch. If child uses pacifier, place it in mouth as this will help with swallowing the medication.



**DO NOT** squirt to the back of the throat as this can cause your child to choke. **DO NOT** mix with other liquids or food.

- 3) After giving the dose, clean syringe with warm water.
- 4) Give medication approximately every 8 hours according to your child's sleep schedule (e.g. 7:00 am – 3:00 pm – 11:00 pm)
- 5) As your child gets older, the spacing between doses can be less strict with doses given three times a day (during daytime hours). Your physician will let you know when this can happen.
- 6) **If your child vomits within 30 minutes of taking the medication**, you should immediately give the full dose again. If your child vomits after the repeated dose then you will need to give him/her an injection of cortisol. Severe diarrhea (persistent watery stools) may also require an injection of cortisol as the oral dose may not be absorbed well.

**Any time your child needs an injection of cortisol it is a medical emergency and he or she must be seen by a doctor at your nearest emergency department**

- 7) Please also refer to "Stress Dose Hydrocortisone" information sheet for dosing during illness.
- 8) It is important to inform all caregivers about your child's condition. As your child gets older, they should wear a **MedicAlert™** bracelet.