

Patients who require to be issued a Steroid Emergency Card

ORAL glucocorticoids

Medicine	Dose (on or above for total daily dose) 4 weeks or longer	
		Short course 1 week or longer but has been on longer course or mOCS during year
Beclometasone	625microgram	5mg
Betamethasone	750micrograms	6mg
Budesonide	1.5mg	12mg
Deflazacort	6mg	48mg
Dexamethasone	500microgram	4mg
Hydrocortisone	15mg	120mg
Methylprednisolone	4mg	32mg
Prednisone	5mg	40mg
Prednisolone	5mg	40mg

In addition the following:

- Respiratory patients who receive repeat rescue packs of steroids (3 or more)
- Dexamethasone
 - used as an antiemetic in repeat cycles for chemotherapy
 - a long high dose use as part of ARDS regimen for severe Covid-19 infection

Eye drops	Unlikely to suppress HPA axis but consider if used with other routes								
Intra-articular	A single dose unlikely to suppress HPA axis permanently but consider if repeated injections								
Rectal	30g per month or more for over 4 week Those containing significant amounts of glucocorticoids <table style="margin-left: 20px; border: none;"> <tr> <td>Budesonide enema</td> <td>2mg per dose</td> </tr> <tr> <td>Budesonide rectal foam</td> <td>2mg per dose</td> </tr> <tr> <td>Prednisolone rectal solution</td> <td>20mg per dose</td> </tr> <tr> <td>Prednisolone suppositories</td> <td>5mg per dose</td> </tr> </table>	Budesonide enema	2mg per dose	Budesonide rectal foam	2mg per dose	Prednisolone rectal solution	20mg per dose	Prednisolone suppositories	5mg per dose
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Budesonide rectal foam	2mg per dose								
Prednisolone rectal solution	20mg per dose								
Prednisolone suppositories	5mg per dose								

INHALED Glucocorticoids

Medicine	Doses greater than (per day)	Inhaled dose when a nasal glucocorticoid is also used
Beclometasone (Clenil, Easyhaler, Soprobeq)	1000 microgram	800-1000 micrograms
Beclometasone (Qvar, Kelhale, Fostair)	500 micrograms	400-500 micrograms
Budesonide	800 micrograms	400-800 micrograms
Ciclesonide	320 micrograms	160-320 micrograms
Fluticasone propionate	500 micrograms	400-500 micrograms
Fluticasone fuorate	184 micrograms	92-184 micrograms
Mometasone	800 micrograms	400-800 micrograms

Check if using combination inhalers or MART regimen

TOPICAL glucocorticoid creams and ointments

Those using potent or very potent glucocorticoid on extensive areas for 4 weeks or more

Potent	Very potent
Beclomethasone dipropionate 0.025% Betamethasone valerate 0.1% or higher Diflucortolone valerate 0.1% Fluocinonide 0.05% Fluocinolone acetonide 0.025% Fluticasone propionate 0.05% Hydrocortisone butyrate 0.1% Mometasone 0.1% Triamcinolone acetonide 0.1%	Clobetasol propionate 0.05% or higher Diflucortolone valerate 0.3%

Consider when treating patients on high dose inhaled steroids (see above)