

EASILY SEDATED, use sparingly/titrate
(incl. benzodiazepines, antihistamines, psychotropics)

- Monitor serum magnesium & potassium
- Hydrate prior to surgery
- Avoid hepatotoxic anesthetic agents.
- Use with Caution - Catecholamines, sympathomimetics, vasodilators, hypotensive agents
- Avoid histamine-releasing & muscle-relaxing agents

Info: www.njmecfsa.org – Search “anesthesia”

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I have ME/CFS/FM – Symptoms include:

- Overwhelming Fatigue
- Recurrent flu-like symptoms
- Muscle Pain
- Neurocognitive dysfunction
- Symptoms aggravated by stressors
- Local anesthesia-sparingly/without epinephrine
- **Heightened Sensitivity to Anesthesia (over)**

Print – Cut on the OUTER line. Fold. The printed piece will be the size of a business card and can be glued on the inside if desired.

The two documents (from Drs. Lapp & Cheney) found at this site can be shown to your doctors and anesthesiologists when planning for procedures or surgery.