ME/CFS/FM ANESTHESIA WARNING!
- 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, sympatho-mimetics, vasodilators, hypotensive agents with caution
- Avoid histamine-releasing & muscle-relaxing agents

info: www.njcfса.org

I have ME/CFS/FM - Symptoms:
- Overwhelming Fatigue
- Recurrent flu-like symptoms
- Muscle Pain
- Neuropsychiatric dysfunction
- Symptoms aggravated by stressors
- Local anesthesia-sparingly/without epinephrine
- Heightened Sensitivity to Anesthesia (over)
NOTES:

1) Ask ask Drs. Lapp & Chaney for permission to post their thoughts on Anesthesia on our website
2) Create an Anesthesia link on website
3) Create an accompanying sheet to go with card.