

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.njcfsa.org



New Jersey Chronic Fatigue Syndrome Association Inc.
www.njcfsa.org Helpline: 888-835-3677

I have ME/CFS/FM - Symptoms:

- Overwhelming Fatigue
- Recurrent flu-like symptoms
- Muscle Pain
- Neurocognitive 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.**