

## **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, sympathomimetics, vasodilators, hypotensive agents
- Avoid histamine-releasing & muscle-relaxing agents

**Info:** [www.njcfsa.org](http://www.njcfsa.org) – Search “anesthesia”

© 2010 NJCFSA



**New Jersey Chronic Fatigue Syndrome Association Inc.**

[www.njcfsa.org](http://www.njcfsa.org) Helpline: 888-835-3677

### **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.**