

# MYALGIC ENCEPHALOMYELITIS (ME)

## HEALTH INFORMATION



### MY MEDICAL INFORMATION

FULL NAME (LAST, FIRST, MIDDLE, SUFFIX)

DATE OF BIRTH

PRONOUNS

HEIGHT

WEIGHT

EMERGENCY CONTACT NAME

NUMBER

EMERGENCY CONTACT NAME

NUMBER

### ABOUT ME

ALLERGIES

OTHER DIAGNOSES

CURRENT MEDICATIONS

DOSAGE

FREQUENCY

CURRENT SUPPLEMENTS

DOSAGE

FREQUENCY

MEDICATION AND SUPPLEMENTS  
PRESCRIBED AND NOT YET STARTED:

DOSAGE

FREQUENCY

### I HAVE ME/CFS

#### Symptoms may include:

- Severe fatigue and easy fatigability
- Dizziness/lightheadedness, especially on standing
- Muscle and joint pain
- An exacerbation of symptoms following physical, environmental, or cognitive exertion
- Sensory sensitivity
- Flu-like symptoms

People with ME may have heightened sensitivity to medications. Use the lowest dose and build up slowly over time.

#### The following may be considerations for anesthesia:

- Easy sedation/slow to recover from anesthesia
- Give local anesthesia when possible; avoid epinephrine
- Give fluids/saline prior to surgery
- Monitor serum K and Na
- Avoid histamine-releasing agents

For more info, see [www.njmecfsa.org](http://www.njmecfsa.org)

### MORE ABOUT ME/CFS

- **#MEAction** - [meaction.net](http://meaction.net)
- **Unrest CME** - [unrest.film/cme](http://unrest.film/cme)
- **Unrest film** available on Netflix, Amazon, iTunes
- **Open Medicine Foundation** - [omf.ngo](http://omf.ngo)
- **More clinical/research information available upon request**



## MY EXPERIENCE DAY-TO-DAY LIVING WITH ME/CFS

### Treating Doctors

#### Primary Physician

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NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

#### ME/CFS (Infectious disease)

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NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

#### Additional physicians

(e.g. such as cardiologist, rheumatologist, therapist, functional medicine practitioner, nutritionist)

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NAME \_\_\_\_\_ NUMBER \_\_\_\_\_

## WHAT ACCOMODATIONS ARE MOST HELPFUL AT APPOINTMENTS

- **Provide a wheelchair** (if available) to navigate large spaces (big office buildings, hospitals, etc.).
- **Allow me to wait in a quiet area**, free of loud radio, TV, or music.
- **Provide a place to sit/lie down** as soon as possible after arriving and during (and possibly after) the appointment.
- **Allow me time to write down important information**, waiting until I am done writing to present new information.
- **Allow me time to gather my thoughts** if I stumble over words or pause for a moment. People with ME may have trouble with word-finding and may experience processing delays, especially after exertion.
- **It's okay to skip the small talk!** I have limited energy, and genuinely appreciate efforts to make conversations brief and straightforward.

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### Your Notes