

MYALGIC ENCEPHALOMYELITIS (ME)

HEALTH INFORMATION



MY MEDICAL INFORMATION

FULL NAME (LAST, FIRST, MIDDLE, SUFFIX)

DATE OF BIRTH

PRONOUNS

HEIGHT

WEIGHT

EMERGENCY CONTACT NAME

PHONE NUMBER

EMERGENCY CONTACT NAME

PHONE 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.

People with ME may have altered immune function. Their body temperature may run low, and they may have serious infection with low or no fever.

The following may be considerations for anesthesia:

- Easy sedation/slow to recover from anesthesia
- Give local anesthesia when possible; avoid epinephrine
- Give IV fluids/saline before, during and after procedures or surgery
- Employ adequate pain control
- Allow for additional time for recovery at every stage
- Carefully monitor serum K⁺ and Na⁺

For more info, see www.njmecfsa.org

MORE ABOUT ME/CFS

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



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

Treating Doctors

Primary Physician

NAME PHONE NUMBER

ME/CFS (Infectious disease)

NAME PHONE NUMBER

Additional physicians

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

NAME PHONE NUMBER

WHAT ACCOMMODATIONS 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.

Your Notes