**Emergency Room Alert Card**

**Myasthenia Gravis (MG)**

**Notes from my physician**

**Precautions**

**Respiratory:** This individual (is/is not) at risk for myasthenic crisis. They have been advised to seek immediate attention for any difficulty breathing or swallowing, or significant weakness. Individuals with respiratory weakness due to MG may need ventilatory support. Oxygen saturation (O2 sat) will not be abnormal until very late in crisis. Individuals with bulbar and respiratory weakness can have worsening symptoms with administration of sedatives. Close monitoring of respiratory and swallow symptoms is necessary when giving benzodiazepine, opiate, and other pain medications. If intubation is necessary, neuromuscular blocking anesthetics can result in prolonged weakness.

**Nutrition:** This individual (is/is not) on chronic corticosteroids. If this individual is on chronic steroids, there may be a risk of adrenal suppression. Stress doses may be necessary and may be necessary with any physiologic stress. Close monitoring of nutrition and malnutrition is necessary. Some medications can cause malnutrition. A protein, and micronutrient, and caloric supplement can aid in recovery. Individual patient goal should be maintained.

**Fractures:** Individuals with MG on long-term corticosteroid therapy may have increased risk of bone fracture. Please take caution with the following medications:

**Medication safety:** Please take caution with the following medications:

**Statement of liability:** While every reasonable effort is made to ensure this document is useful to clinicians and service users, MDA is not liable for any damages incurred as a result of its use.

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**To learn more about MG, visit mda.org/disease/myasthenia-gravis or contact the MDA Resource Center at 833-ASK-MDA1 (275-6321)**

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**How to Fold**

1. Fold in half lengthwise with image on outside
2. Facing other side, fold right side inward
3. Fold left side inward, over right side

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**Instructions**

Create wallet size document:

- Print this file on 8.5 x 11 paper in landscape orientation.
- Cut along dotted line.
- Fold along gray lines in the sequence shown.
- Fill out information.
- Keep in your wallet, purse, or wherever you carry your health insurance card.