

# MG Crisis Kit Checklist

In the event of an MG crisis, you and your supporters may benefit from having a kit prepared to help you when you need it. It may also be a good idea to revisit your health information included in the kit regularly to make sure everything is current after any doctor visits or management plan changes.



Consider including these items in your kit and check them off as you add each one:

## Packet or binder with your current health information

- A completed copy of the MG Crisis Card found at the end of this checklist
- Contact information for your healthcare team
- Emergency contacts (friends or family)
- Health insurance information
- List of all your current medications, including any MG treatments
- Your medical history and hospital records
- A list of your most recent symptoms
- A list created by you and your doctor of medications to avoid using with those you're currently taking
- Basic information on MG including facts on the MG Crisis Card below

## Other items to have available at home

- Cooling vests
- Frozen prepared foods for your return home or during the onset of an MG crisis
- Ice packs

## Other tips to consider

- Safely place your medications around your house for easy access during an MG crisis **(be sure to keep your medication out of the reach of children, should that apply to your household)**
- Consider wearing an emergency medical wristband with contacts and access to medical information, such as RoadID.com
- Connect with your local emergency services to see if you can provide them with your medical information ahead of time
- Be sure to store your kit in a place that's easily accessible and let your support person know ahead of time where to find it

**This information is intended as educational information for patients and their healthcare providers. It does not replace a doctor's judgment or clinical diagnosis.**

# MG Crisis Card



Print and cut out this card and leave one in a common location in your home, like on the refrigerator. Carry another one on your person and one in the car. Should a crisis occur, you can give this card to get assistance, share important medical information and help your support person find your kit.

## MG CRISIS CARD

Myasthenia gravis (MG) may sometimes cause struggles to stand, talk and/or breathe, as well as problems with muscle weakness.<sup>1</sup> Double vision and drooping eyes may also occur.<sup>1</sup> If breathing or swallowing problems are heightened, the person carrying this card may be having an MG crisis and need immediate emergency medical help.<sup>1</sup>

**If it looks like the cardholder is having an emergency, please dial 911 right away, and notify their emergency contact below.**

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_  
\_\_\_\_\_

Relationship: \_\_\_\_\_

Emergency contact phone: \_\_\_\_\_

Medical conditions in addition to MG: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**If I am struggling to breathe, it is very important to call 911 immediately.**

Current medications:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional notes to know in the event I cannot communicate:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MG Crisis Kit Location

In the event of a myasthenia gravis (MG) crisis, please dial 911 and find my MG Crisis Kit here:

\_\_\_\_\_

**This information is intended as educational information for patients and their healthcare providers. It does not replace a doctor's judgment or clinical diagnosis.**

#### Reference

1. Wendell LC, et al. *Neurohospitalist*. 2011;1(1):16-22.