Genetics for the People

MEDICAL INFORMATION CARD
CARRIED BY THE PATIENT

Mitochondrial Disease

I decompensate with fasting, dehydration, fever and stress. Please keep fasting as short as possible.

- Clear liquids with glucose until 2 h before anesthesia; schedule me first case of the day.
- IV fluids with dextrose and electrolytes (D5 or D10). Avoid lactated Ringer's (lactate metabolism is impaired).
- Avoid propofol infusions over 1 hour and succinylcholine. Sevoflurane preferred; nondepolarizing relaxants with monitoring.
- Check glucose, electrolytes, lactate and blood gas; keep me warm. Caution: aminoglycosides, linezolid, valproate, high-dose acetaminophen or NSAIDs.

Diagnosed by Dr. _____ Phone _____

Sources: Kurnutala, Hubbard. J Miss State Med Assoc 2023;64(9). CHOP Mitochondrial Anesthesia Precautions pathway. MitoAction IV protocol. Verify with the treating physician.

Mitochondrial Disease: my details

Name _____ DOB _____

Emergency contact _____

Specialist _____ Phone _____

Daily medications _____

Allergies _____

I carry epinephrine ☐ yes ☐ no Other _____

geneticsforthepeople.com/blog/connective-tissue-mitochondria-methylation-debt-ros-load/ has the full explanation and references. Educational template written from a research perspective by Katelin Hubbard, PhD, a scientist, not a physician; it does not diagnose, treat, cure, or prevent disease. The details above were entered by the card holder with their own clinician. Treating clinicians: please verify and use your judgment.