

Patients with the Chronic Fatigue Syndrome/Chronic Fatigue and Immune Dysfunction Syndrome/Myalgic Encephalopathy (CFS/CFIDS/ME) and Fibromyalgia (FM) need to take extra precautions when preparing for surgery. It is important to tell the surgeon, anesthesiologist and any other healthcare provider who will be involved with surgery and post-surgical care about having these illnesses and the specific problems being experienced with them, especially hypersensitivity to medications and other substances.

Prepare a written summary of medications, side effects, specific problems, and anything else that will be important for the doctors and hospital staff to know. Make copies of this summary and ask these be placed in your medical chart.

Dr. Charles Lapp, a longstanding CFS/CFIDS/ME and FM clinician, has recently revised a list of recommendations for surgeons and anesthesiologists. Be sure to review this information with the doctors who will be doing your surgery and providing anesthesia—this material should also go in your medical chart.

More resources

[*Recommended for persons with Chronic Fatigue Syndrome \(or Fibromyalgia\) who are anticipating surgery* by Charles W. Lapp, M.D.](#)