



Myasthenia Gravis

GENERAL MEDICATION SAFETY GUIDELINES

A DAILY ACTION PLAN FOR
MYASTHENIA GRAVIS PATIENTS



STAY INFORMED • STAY PREPARED • STAY SAFE



A MEDICAL RESOURCE BY MYASTHENIA GRAVIS

Becoming Your Own Medical Advocate

You must manage your medications proactively to protect your life. Myasthenia Gravis acts as a highly complex, rare autoimmune disorder.

Many general practitioners and emergency room doctors lack extensive experience treating it. You must take strict ownership of your daily medical safety. We created these essential guidelines to empower you.



1



Communicate Your Diagnosis Clearly

You must inform every single healthcare provider about your MG diagnosis. Tell your dentist before they administer local numbing injections. Inform your optometrist during routine eye examinations. Alert your pharmacist every time you drop off a new prescription. Remind your primary care doctor during seasonal flu visits.

2



Question Every New Prescription

You must never blindly accept a new medical prescription. Always ask the prescribing doctor one specific question: **"Does this medication carry any warnings for Myasthenia Gravis patients?"** Require the doctor or pharmacist to check their medical database. You must wait for their explicit confirmation before swallowing the first pill.

3



Monitor Your Body Closely

You must pay strict attention to your physical symptoms after starting new drugs. Some medications take several days to affect your neuromuscular junction. Watch closely for heavy eyelids, slurred speech, or unusual limb fatigue. You must immediately stop taking the new drug if your weakness rapidly worsens. Call your prescribing doctor and your neurologist right away.

4



Carry Emergency Identification

You must prepare for unexpected medical emergencies. Always carry a physical Myasthenia Gravis medical alert card in your wallet. Wear a highly visible medical alert bracelet or necklace daily. These items speak for you if a myasthenic crisis suddenly stops your breathing. They instantly warn paramedics to avoid administering contraindicated muscle relaxants.

5



Do Not Stop MG Drugs Suddenly

You must take your daily immunosuppressants exactly as your neurologist ordered. Never stop taking your steroids or immune-modulating pills abruptly. Suddenly stopping these specific medications almost always triggers a massive, dangerous symptom flare-up. You must contact your neurologist if you experience intolerable side effects. They will help you taper off the medication safely.

6



Manage Viral Infections Aggressively

Viruses and bacterial infections trigger severe myasthenia exacerbations. You must contact your doctor at the very first sign of a chest cold. They will prescribe safe, targeted treatments to clear the infection quickly. You must also maintain a current vaccination schedule. Ask your neurologist which seasonal vaccines remain safest for your specific immune system.

7



Build a Coordinated Medical Team

Your various doctors must communicate effectively with each other. Ask your general practitioner to send all visit notes directly to your neurologist. Ensure your cardiologist understands your specific neuromuscular limitations. A highly coordinated medical team prevents dangerous drug interactions and protects your long-term health.



Remember: You are the most important member of your healthcare team. Your awareness and actions can prevent complications and save lives.

