

Medical Conditions:

- 1) Hypokalemic Periodic Paralysis (SCN4A Defect)
- 2) Celiac Disease

Current Medications			
Medication	Dosage	x's a day	
Levocarnitine	330 mg	1 x a day	
Coenzyme Q10	200 mg	1 x a day	
Acetazolamide	125 mg	1 x a day	
Potassium Chloride extended release	20 meq	3 x's day	May increase as needed per symptoms
Effer-K Tablet (fast acting potassium)	20 meq	PRN	
Nexium	20 mg	1 x a day	
High Potency Multivitamin		1 x a day	
Alpha Lipoic Acid	100 mg	1 x a day	
Zyrtek	10 mg	PRN	

Allergies	
Medication / Other	Reaction
Shellfish	Anaphylactic
Succinylcholine	Respiratory distress - sudden death NEVER USE
Epinephrine	Potassium shift, muscle paralysis (including cardiac arrest)
Lidocaine - when used for numbing	Ineffective (Still effective for cardiac related use)
Clarithromycin	Potassium shift
Ciprofloxacin	Potassium shift
PCN	Rash
Dextros IV fluid	Muscle paralysis (including cardiac arrest),
Glucose	Muscle paralysis (including cardiac arrest),
Note: Use caution with <u>ALL</u> medications - as many have potential to cause paralysis attack	

HypoKPP Trigger Avoidance / Management
<p>My triggers are: cold, stress, illness, sugars, sodium, carbohydrates, exercise, inactivity, dehydration, excessive heat, certain medications, and many anesthesia medications.</p> <p>It's important to:</p> <ol style="list-style-type: none"> 1) Keep me warm - warm blankets work well, Bair Huggers also work well especially during procedures. 2) Keep me well hydrated - Lactated Ringers is the IV solution of choice 3) Keep serum potassium at (*insert your level) or above and monitor often - it drops (shifts) quickly. (Recorded 4.4 went to 2.8 during a 15 minute procedure). May need K+ rider added to L.R. at 10 mEq per hour with or without oral K+ depending on situation. If using oral K+ its best to use mine if available. It's a prescription fast acting K+ and works well for me. 4) For anesthesia information please see additional sheet -Anesthesia Quick Reference guide, provided by me or can be found at HKPP.org under EMERGENCY CARE and at periodicparalysis.org 5) Work with me on what I can and cannot eat - I'm on a high protein, low sodium, very low sugar, low carb diet. 6) Be aware, just because I can't move does NOT mean I cannot feel. Please no sternum rubs, needle sticks or pinching.

***** SEE REVERSE SIDE FOR EMERGENCY CONTACT INFORMATION *****

Emergency Contacts

1) Spouse:

John Doe: 555-555-5555

2) In case of Hypokalemic Periodic Paralysis:

Dr. Jonathan Smith (neurology) @ Name of Office or Hosptial

Office: 555-555-5555 / Fax: 555-555-5555 / Emergency Pager: 555-555-5555

3) Primary Care Physician:

Dr. Jane Doe) @ Name of Practice

Office: 555-555-5555 / Fax: 555-555-5555 / Emergency pager: call office and follow prompts