Prepare your narcolepsy type 2 medical alert card:

1. Use Acrobat Reader to fill it out on a computer.
2. Click each line to type in your information or Tab to cycle through each form field.
   Note: Font size will automatically get smaller to allow more text once you reach the end of a line. Therefore, be sure to Tab or click on the next line for fields with multiple lines to prevent text from getting too small.
3. Print out this page in landscape format, and cut out the card.
4. Fold first along the horizontal dashed line.
5. Fold second along the vertical dashed line, so that you can see "Emergency medical information" at the top of either side.
6. Place in a plastic card holder (if desired).

Emergency medical information

I have **narcolepsy type 2 (NT2)**, a neurologic sleep disorder defined by excessive daytime sleepiness despite getting a full night's sleep. Other symptoms may include sleep attacks and extreme difficulty awakening. If I'm safely sleeping, let me be. Otherwise, help ensure my safety. Don't try to wake me unless it's necessary. If you do, I may be delirious. **My medicines, and my NT2 itself, may interfere with other medicines and anesthesia.**

For more information, see my smartphone lockscreen: ☐Y ☐N

Other information: _____
_____
_____
_____
_____

Insurance information: _____
_____

Blood type: _____ Organ donor: ☐Y ☐N

Allergies: _____

Emergency medical information

hypersomnia foundation.org

Scan for more NT2 information

Unfold →

My name: _____

Emergency contact: _____

Emergency phone #: _____

Medical records URL (includes anesthesia and hospital care plan ☐Y ☐N): _____

Doctor: _____ Phone: _____
Doctor: _____ Phone: _____

Medical conditions: _____
_____
_____

Medicines: _____
_____
_____
_____