Myelomeningocele is the most common form of Spina Bifida. This emergency wallet card is specifically designed for use by patients with myelomeningocele who have a CSF shunt (also known as a VP, Ventriculo – peritoneal, Ventriculo – atrial, or Ventriculo – pleural shunt).

**Directions for use:**

Print this document. Any paper will work, but cardstock will last longer.

Cut and Fold

(1) Fold along the horizontal middle space with pages 1 and 4 on one side of the fold and pages 2 and 3 on the other side.

(2) Fold along the vertical middle space that separates pages 1 and 4. Now you should have a little book with pages 1 and 4 on the outside and pages 2 and 3 on the inside.

(3) Cut around the outside of the cards, using the scissor images as a guide. **Do NOT** cut the cards apart in the middle. When you are done, you should be holding one piece of paper that shows page 1 and page 4 on outside, and page 2 and page 3 on the inside of the folds.

- If you cut around one of the optional medical icons attached to page 1, the icon will stick out of your wallet and will help other people find the card more easily if they open your wallet in case of emergency. Choose one medical icon to keep, and cut off the other one.

Talk with your doctor

(4) Fill out the card with your doctor in blue or black ink

(5) Ask your doctor to let you take a picture of a CT or MRI scan that shows your healthy ventricles. This picture does not need to be a high quality picture. A picture using your phone is good enough. If you cannot get a picture of your CT or MRI scan, don’t worry. Complete the remainder of the card and leave the space on page 3 reserved for your pictures blank.

Add Your Imaging

(6) Bring your picture to any neighborhood pharmacy photo shop where they can shrink the picture to the correct size (1” tall x 1.5” wide) and print the picture for you.

(7) Paste or tape the picture(s) onto page 3 inside the space provided.

(8) Circle either MRI or CT, and fill in the date that the CT or MRI scan was completed.

Done!

(9) Place the completed card in your wallet.

(10) Make sure you talk with your doctor and update the card if any of your medical information changes.