My medical history

Date of birth

Previous medical history (e.g. diabetes, asthma)

Regular medication(s)

Allergies

My myeloma diagnosis

Date of myeloma diagnosis

Name of consultant who made the diagnosis

Hospital

Myeloma type (tick)

- ☐ IgG
- ☐ IgA
- ☐ IgD
- ☐ IgE
- ☐ IgM
- ☐ Light chain
- ☐ Non-secretory
- ☐ Smouldering
- ☐ Don't know

Contact details

My details

Name

Address

Telephone (Home)

Telephone (Work)

Mobile

Email address

NHS number (if known)

Preferred language

Who to contact in an emergency

Name

Relationship to patient

Telephone (Home)

Telephone (Work)

Mobile

Notes

My healthcare team's contact details

GP

Name

Location

Telephone

Consultant haematologist

Name

Location

Telephone

Nurse specialist/key worker

Name

Location

Telephone

Social worker

Name

Location

Telephone

Occupational therapist

Name

Location

Telephone

Contact details

Physiotherapist

Name

Location

Telephone

Dietitian

Name

Location

Telephone

Others involved in your care

Occupation

Name

Location

Telephone

In case you need advice out-of-hours

Your consultant or nurse should provide you with the contact details of the out-of-hours doctor on call at your hospital.

Contact name

Telephone

Call NHS 111 by dialling 111 (England, Scotland and Wales)

Visit nidirect.gov.uk (Northern Ireland)

Contact details

Myeloma Support Groups welcome patients, their families, friends and carers in an informal setting to provide information and support.

They give those affected by myeloma the opportunity to discuss, learn and share with others in a similar situation and from the same area.

My local Myeloma Support Group details

Name	
Location	
Venue	
Leader name	
Telephone	
Email address	

Information about support groups in your area

Find your nearest support group by visiting the Myeloma UK website at **myeloma.org.uk/support-groups**

Contact Myeloma UK

Get in touch for free information, emotional support and practical advice. We're here to answer your questions and concerns.

Myeloma Infoline	0800 980 3332
Ask the Nurse	AskTheNurse@myeloma.org.uk
Website	myeloma.org.uk

Any other contacts

Note the details of any other contacts in the space below.

Contact details