

Prepare for your *ongoing* haematology appointments

This document is intended to support MPN patients so their treatment and ongoing care can be as engaged and participative as possible.

1. Update your haematologist about any other health issues that have emerged since your last appointment.
2. Bring an updated list of current medications and doses and whether they are short or long term medications.
3. Ensure you include any supplements you might be taking. These can also interact with your medications and your health.
4. Bring contact details of other doctors currently involved in your care.
5. Bring a list of questions, written in order of priority in case you do not have time to ask them all at the appointment.
6. You may wish to keep a record of symptoms and update your haematologist of any significant changes in symptoms - see [The symptoms assessment form](#).
7. Take a support person if possible, and ask them to take notes of the consultation as it is very easy to forget details.
8. Let the doctor know if you are pregnant, breastfeeding, or planning to become a parent in the foreseeable future (this applies to men and women). Your treatment plan will need to take this into account.
9. Don't be afraid to ask questions, and ask for clarification if you don't understand something. At the end of your appointment, don't be afraid to ask the doctor to sum up the main things you need to take away from the appointment.

Possible questions to ask your haematologist

1. Are there any updates for my treatment options?
2. If I am on "Watch and Wait", what will trigger a change to active treatment?
3. Why would I wait to start treatment?
4. What is my risk of thrombosis, and how will you mitigate that risk?
5. How often will I need to have blood tests?
6. How often will I see you in the future?
7. Will I have access to my blood test and other test results?
8. Is there anything I can do to help manage my condition?
9. Are there any symptoms I should look for that would need prompt attention?

Get involved in your care.

- Partner with your physician.
- Read quality MPN information, watch MPN videos, and ask questions
- Educate your other medical practitioners, dentists, carers etc about your MPN.
- Don't be afraid to seek a second opinion if you have concerns.
- Participate in clinical trials if appropriate.
- Control what you can, ie your diet and lifestyle choices.

This document is intended for use for ongoing haematology appointments. A separate document is available for your first haematology appointment.