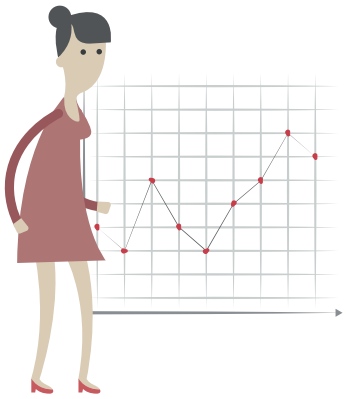

Preparing for your next appointment with your doctor or nurse

The time with your doctor and nurse can just fly by. You want to be sure you've asked them all the questions you wanted to and told them what they need to know so they can offer you the support that's right for you.

Taking some time to think about what you want to tell or ask your doctor or nurse before each appointment can help you get the most out of your time with them.

You don't have to suffer symptoms in silence and there are options to help control or alleviate them. Get Heard. Get Help. Get involved in the conversation #MPNsymptoms.

Here's some tips to consider before your next appointment

TRACK:
Changes in your symptoms between appointments using the MPN10 tracker form or in the MPN Assistant app

TAKE:
Your completed MPN Assistant app or MPN10 tracker form and your questions with you

ASK:
A family member or friend to go with you for moral support. They may even have their own questions

REMEMBER:
That MPNs are variable conditions and there will be highs and lows. It's important to try to work through any issues with your doctor or nurse as they arise

EXPLORE:
Additional available information – refer to the MPN Assistant app, read online and speak to your doctor or nurse

CONNECT:
With others living with MPNs. Sometimes it's good to connect with someone who gets it

Questions you want to ask at your next appointment

The appointment is your moment to get the information you need. Use this space to jot down any questions you have.

MPN, myeloproliferative neoplasm.
This document was produced by Novartis Pharmaceuticals UK Limited, and developed in collaboration with MPN Voice and Leukaemia Care.

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Myeloproliferative Neoplasms support
www.mpnvoice.org.uk

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