

Make the most of your multiple myeloma appointments

A checklist of suggested questions

If your multiple myeloma (MM) has returned or you need to consider your next treatment, a bit of preparation could help you make the most of your next appointment. Think about what questions you'd like to ask and make a list of priorities you would like to discuss. This can help make sure you cover the things that really matter to you. You may find it helpful to do this with a loved one.

Look at the suggested topics below and tick those that you would like information on. Think about numbering the ones you've chosen in order of importance, so you know where to start during your appointment. There's also space for you to write your own questions and notes, so make sure you take this leaflet with you when you see your healthcare team.

You don't have to go through all these questions with your healthcare team. Choose the ones that matter most to you and write down any of your own.

Top tip: Ask if you can record the appointment as it may be helpful to listen back to it at home

Multiple myeloma and treatment

Tick	Number	Questions	Notes
		Can you explain the difference between relapsed and refractory MM and which one applies to me?	
		What are my treatment options and why?	
		What are the advantages and disadvantages of each of the treatment options I have?	
		What factors are being considered when deciding the next treatment for me? Can I be involved in this decision?	
		What do my blood results mean and how does it affect treatment choice?	
		What are the short-term goals for my care plan?	
		What are the long-term goals for my care plan?	
		What treatment do you suggest and why?	
		How might my new treatment affect the course of my MM and the length of my life?	
		If I were to get side effects from my new treatment, what would they be and how much will it affect my quality of life?	
		How often will I need to take my treatment and how long will it last?	
		Where will my new treatment need to be given?	
		Will I or a loved one need any training for my treatment?	
		How have other patients on this treatment managed?	
		Is there anything aside from my treatment I can do to help me feel better?	
		What are my options if I do not want any further treatment?	
		How will my care plan affect my daily life and day-to-day activities, for example, chores, looking after myself, shopping, gardening?	
		Where can I find more information about my condition and treatment?	
		Where can I get immediate support if something unexpected happens?	
		Where can I find extra support for me and my loved ones?	
		Who should I speak to if I have a question?	
		When do I next need to see you?	
		Anything else?	

Mental and physical health

Tick	Number	Questions	Notes
		If I feel unwell and/or depressed, what should I do?	
		What sort of physical exercises would you recommend?	
		If I feel unwell and don't have an appetite, are there any foods you can recommend?	
		Should I take dietary supplements and is there anything I should avoid?	
		What changes can I make to my diet that will help my overall health?	
		Are there any vaccinations I should get with my condition, or any I should avoid?	
		Anything else?	

Connecting with others

Tick	Number	Questions	Notes
		Do you have any tips on how I can help my children and other loved ones understand what I'm going through?	
		What do you suggest if my loved ones and I have different thoughts on how my MM should be managed?	
		Do you have any tips on how I can stay connected to my loved ones?	
		Could my treatment affect my sex life, and if so, in what way and for how long?	
		How can I meet others who understand what I'm going through?	
		With my condition, what would you recommend about socialising with others?	
		Anything else?	

Travel

Tick	Number	Questions	Notes
		Are there any arrangements that can be made to help with transport to my treatment and back home?	
		Will I need to stay in a hospital for my treatment?	
		If travelling for my care has an impact on my home life, is there another option I could try?	
		I want to go on holiday - is this possible?	
		Can I fly with my condition?	
		If I'm abroad and don't feel well, what should I do?	
		Is it possible to have appointments over the phone or would you recommend face-to-face appointments?	
		Anything else?	

Work

Tick	Number	Questions	Notes
		I want to work - how can I explain my situation to my employer?	
		Are there any work-related activities I should avoid?	
		Does my employer legally have to make any allowances for me or help me?	
		Who can I speak to for advice on managing work with my condition?	
		Anything else?	