

Further information is available from:



Feedback

We appreciate and encourage feedback which can be shared in several ways through the hospital website. Scan the QR code to give feedback.

<https://sath.nhs.uk/patients-visitors/feedback/>

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile)

www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or 01743 261000 ext. 2503

Website: www.sath.nhs.net

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The Shrewsbury and
Telford Hospital
NHS Trust

Information for Patients

Haematology MGUS Remote Stratified Follow Up Pathway



Our Vision: To provide excellent care for the communities we serve

Why have you been given this leaflet?



You have a health condition called MGUS (Monoclonal Gammopathy of Unknown Significance). This is a benign disorder (not cancer) but there is a small risk this can become cancer in later life. You will be monitored by regular blood tests to check for any changes. For this reason, you have been referred to the MGUS Remote Monitoring Pathway.

What is 'Remote (Stratified) Follow Up'?

Remote follow-up means appointments are replaced by checking your blood results remotely.

You do not have to come to hospital at times when you are feeling well.

The Haematology Department will send you a blood test form in the post every 3 to 12 months.

You can have the blood test at your GP surgery or at a hospital blood tests department.

We will let you know the results by letter.

Changes in the blood tests do not mean you have cancer however we might want to check your blood results more often, speaking to you over the phone or face to face in clinic.

How do I arrange a blood test?

To arrange blood tests, contact your GP surgery or:

Phone - 01743 492510

Email - www.sath.nhs.uk/bloodtests

Will I still be able to access the Haematology service?

If you have any questions, you can call our Navigator on the Helpline 01743 261000 Ext 2463. You can telephone from 9am to 5pm Monday to Friday. Outside of these times you will be able to leave a message (including your name and hospital number).

If the clinical team feel you need to be seen, you will be offered an appointment.

What are the signs and symptoms I need to look out for?

- General health is getting worse.
- Pain, particularly in your back or ribs
- Tiredness
- Having infections often that do not clear easily.
- Bone breaking easily.
- Swollen legs or tummy
- Feeling out of breath
- Bruising or bleeding
- Numbness or tingling in the feet, hands, or legs.
- Weight loss for no reason

Please contact us if you have any new problems or concerns.

If you need urgent medical attention, you should contact NHS 111. For medical problems which are not to do with your Haematology condition please contact your GP or NHS 111.