



Patient Information

Virtual review service for Monoclonal Gammopathy of Unknown Significance (MGUS)

Welcome

Welcome to the MGUS virtual review clinic which is managed by a Specialist Nurse. Your Haematology Doctor or Specialist Nurse has confirmed a diagnosis of MGUS with you and your condition is stable. However, it is important that we regularly monitor your blood results and any symptoms that may develop. It is not necessary for you to attend the hospital for this as we can monitor your blood results and inform you of these via letter. Should it be necessary to discuss either these results with you, or any symptoms you have developed, this will be done via telephone and further appropriate arrangements made.

What is MGUS?

MGUS is a benign (non-cancerous) condition and is characterised by the presence of an abnormal antibody in the blood and/ or urine. Most patients have a stable condition which has no effect on their general health. However, over time, a small proportion of patients may go on to develop a type of blood cancer called myeloma or lymphoma. It is therefore important that we monitor for any early signs of progression.

How does the review work?

Your blood results and any related symptoms will continue to be monitored by a Specialist Nurse.

Your blood test form will either be posted to you or given to you at your last face to face clinic appointment. The date for the virtual review will come to you in the form of a letter – **please do not attend the hospital for this appointment**. The Nurse will review your results and write to you with the details. Should there be any concerns with your test results, the Nurse will telephone you.

It is very important that you have your blood tests taken at least **two weeks** before your virtual review to allow time for the results to be received. Please have these taken at your GP surgery or at the Great Western Hospital (GWH) in the Blood test Department on the third floor. **For blood tests at GWH, please book an appointment via telephone number 01793 605041 between the hours of 9am and 4pm, Monday to Friday.**



Virtual review service for Monoclonal Gammopathy of Unknown Significance (MGUS)

If you have any MGUS related symptoms that you would like to discuss with the Specialist Nurse, you should contact the Haematology secretaries on 01793 605004 or 605005 (Monday – Friday 9am – 5pm) and request a telephone appointment with the MGUS nurse. Please have your hospital number to hand. The secretary will arrange a telephone appointment for you. Alternatively, you may contact your General Practitioner (GP) to discuss your concerns.

We would urge you to contact us if you experience one or more of the following symptoms:

- New significant and persistent bone pain
- Nerve pain or numbness which is worsening and persistent particularly in your hands or feet
- New night sweats which are drenching, frequent and persistent
- Enlarged lymph glands in your neck, under your arms or in your groin that do not subside within four weeks
- Unexplained weight loss which is significant for you
- Recurring infections requiring multiple courses of antibiotics
- Severe headaches, dizziness or blurred vision with no other cause

What will happen on the day of the review?

The review of your blood results will be carried out by a Haematology Specialist Nurse. If there are any concerns regarding your test results, we will contact you by telephone. However, if the blood results show that your condition is stable, we will write a letter to you which will include your test results. You will not receive a telephone call unless there are any concerns with your test results or you have previously made arrangements for a Doctor or nurse to contact you due to MGUS related symptoms.

What will happen then?

You will receive a date via letter for your next virtual review along with a blood form. If a letter does not arrive within two weeks of the appointment date, please contact the Haematology secretaries on 01793 605004 or 605005 (Monday – Friday 9am – 5pm) to request a copy.

What can I do to keep well?

It is recommended that you have a flu vaccination once per year and have a vaccination against pneumococcal infection (pneumovax). These can be given at your GP surgery. It is advisable to take part in any health screening you are offered such as breast mammography and routine checks for bowel cancer.



Virtual review service for Monoclonal Gammopathy of Unknown Significance (MGUS)

Further information

If you would like further information about MGUS, the following two websites have easy to follow patient information leaflets:

<https://www.myeloma.org.uk/wp-content/uploads/2014/05/Myeloma-UK-MGUS-Infosheet.pdf>

<http://www.macmillan.org.uk/information-and-support/diagnosing/causes-and-risk-factors/pre-cancerous-conditions/mgus.html>

If you do not have access to a computer or printer please let your Doctor or nurse know so that a leaflet can be printed for you.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

Division: Clinical Support & Specialist Services
Department: Cancer Services
Approved Date: 24 July 2020
Next Review Date: August 2023
Document Number: CS&SS - PIL0004