

MRN Number:
NHS Number:
Our Ref: *Discharge from BMT Clinic*

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Date:

Dear Patient,

You have now reached a stage following your bone marrow transplant where you are able to be discharged from the BMT clinic and be looked after by your GP.

We are happy to talk with you about what happens now, and for you to contact the BMT Team if you have any questions in the future. In the meantime, we will write to your GP to outline our recommendations for your future care and monitoring.

Following a bone marrow transplant, you are at an increased risk of some health issues such as heart disease and secondary cancers. Therefore we recommend that you adhere to the following;

- attend a well man/well woman clinic at your GP surgery for general health check, blood pressure, diabetes and cholesterol monitoring
- ensure you monitor your skin for any changes and see your GP promptly if you notice anything unusual
- have annual eye examinations at an optician
- have an annual dental check up, or 6 monthly if you have had oral Graft vs Host Disease in the past
- Female patients must maintain cervical smear testing and mammograms. We would recommend you have mammograms every 2 years if you are over age 40 (if you received total body irradiation, as part of your treatment, mammograms should commence when you are 25 years old or 8 years after transplant, whichever is sooner)
- enrol onto the bowel screening programme offered by your GP

We wish you well as you continue your recovery but please contact the BMT Team on the numbers above if you have any questions.

Best wishes

The BMT Team