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| **MRN Number: Department of Clinical Haematology** |
| **NHS Number: Administration Floor Level 2** |
| **Our Ref: *Discharge from BMT Clinic* Cancer and Haematology Centre** |
|  **Churchill Hospital** |
| **Old Road** |
| **Headington** |
| **Oxford** |
| **OX3 7LE** |
|  |  |
| **Tel:** | **01865 226512 or 07500765461** |
| **Email:** | **postallograftbmt@ouh.nhs.uk** |
|  |  |
|  |  |
|  |  **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 that may impair your quality of life and long-term health. 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
* for patients that received radiotherapy as part of their conditioning we would recommend annual review of their thyroid function
* 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
* for patients that received corticosteroids for a prolonged period of time we would recommend osteoporosis monitoring and inform the GP if you have a bone fracture
* ensure to report to your GP promptly if you notice any new symptom or problem, you may develop

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

Best wishes

***The BMT Team***