
Diagnosing Myeloma - A Quick Guide



Contents

This is a brief summary of the information on Diagnosing myeloma from our website. You will find more detailed information on the website.

In this information there are sections on

- Tests for myeloma
- Further tests for myeloma
- Questions for your doctor

Tests for myeloma

You will usually see your GP first, who will examine you and ask you about your general health and medical history. Your doctor will ask about your symptoms, and may carry out a physical examination to look for things such as bruising, bleeding or signs of infection. They may ask you to have blood and urine tests.

At the hospital

If your doctor suspects that you may have multiple myeloma, they will arrange for you to see a blood disorders specialist (a haematologist) at your local hospital. At the hospital, the haematologist will ask about your medical history and symptoms. They will examine you and arrange some more tests. You may have blood tests, a bone marrow test, X-rays and a urine test

Further tests for myeloma

If your earlier tests show you have myeloma, you will need to have further tests to see how the myeloma is affecting your bone marrow and bones and other parts of your body. This information helps your specialist to know how much the myeloma has developed (the stage) and decide on the best treatment. These further tests may include blood tests, a CT scan, and an MRI scan.

After the tests

Your doctor will ask you to go back to the hospital when your test results have come through. But this may take a little time, probably about a week or two. This is a very anxious time for most people.

While you are waiting for the results, it may help to talk to a close friend or relative about how you feel. Or you may want to contact a cancer support group to talk to someone who has been through a similar experience. You can also find online support forums, such as CancerChat (<http://cancerchat.cancerresearchuk.org/>)



What to ask your doctor about myeloma tests

- What tests are you going to do?
- Why do I have to have these tests?
- What will these tests show?
- Are any of these tests painful?
- Are there any risks with any of these tests?
- Can I eat normally before these tests?
- What are the side effects of these tests?
- Do I have to stay in hospital for any of these tests?
- Can I bring someone with me when I have these tests?
- How long will it take to get the results of the tests?
- Who will give me the test results?
- How will I receive the results?

More information

For more information about myeloma, visit our website
<http://cancerhelp.cancerresearchuk.org>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for cancer trials in the UK. You can view or print the information in a larger size if you need to.

For answers to your questions about cancer call our Cancer Information Nurses on 0808 800 4040 9am till 5pm Monday to Friday

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in May 2012. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. © Cancer Research UK 2012. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).