MULTIPLE MYELOMA Research Foundation

When Multiple Myeloma Is Suspected

KNOWING WHAT TO EXPECT during the diagnostic process can provide clarity in an uncertain time.

Why am I being tested for multiple myeloma?

You may have had symptoms, lab results, or other findings that led your healthcare team to suspect you may have multiple myeloma—a blood cancer that develops in the bone marrow.

What tests might I have?

To help determine whether you have multiple myeloma, your healthcare team may have ordered additional tests, including:

- **Blood tests:** check blood counts, proteins, kidney function, and other signs of your overall health
- **Urine tests:** look for proteins that may be linked to multiple myeloma
- **Imaging**, such as CT or PET scans: looks for changes in your bones and other parts of the body
- **Bone marrow biopsy:** looks at cells in your bone marrow

Your doctors will review these results, along with your health history, to determine whether you have multiple myeloma.

What happens next?

Your healthcare team will reach out to you to talk about your results and any next steps.

If you have not heard from your healthcare team within the timeframe they gave you, contact them for an update.

Waiting for results does not mean your care will be delayed

It can take days or sometimes weeks for all results to become available. During this time, your healthcare team may be:

- Waiting for results from multiple tests
- Comparing new test results with earlier results
- Asking specialists, such as pathologists or radiologists, to review your results
- Deciding if more testing is needed

Having all the information helps your healthcare team make the most accurate diagnosis and recommend the care that is right for you.

The diagnostic process

YOU ARE HERE

1. **Symptoms or abnormal test results**
2. **Additional testing**
3. **Waiting for results**
   Waiting for results is a normal part of the diagnostic process.
4. **Results review**
5. **Follow-up**
6. **Next steps**

What to do while you wait

While you wait, these steps may help you feel more prepared and supported:

Take care of yourself

- Share your feelings with loved ones
- Stay connected to activities and routines you enjoy
- Try stress-relief activities, such as walking, meditation, or deep breathing
- Limit time spent searching online. Some information can be inaccurate or increase anxiety

Focus on what you can control

- Keep track of upcoming appointments and expected calls
- Keep important medical information in one place so it's easy to find what you need

When should I contact my healthcare team?

You do not have to wait until your next appointment if you have questions or if something changes.

Contact your healthcare team if:

- It's been longer than the timeframe you were given to receive your results
- You develop new or worsening symptoms
- You have questions about medications
- You're unsure about next steps

Questions to ask your healthcare team

Keeping a list of questions can help you feel more prepared for your next appointment. Here are questions to get you started:

- **When should I expect to receive my results?**
- **How will you contact me with my results?**
- **Who should I contact if I have questions?**
- **Is there anything I should or should not do while I wait for my results?**

Add your own questions below to bring to your appointment:

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You do not have to go through this waiting period alone

The MMRF offers resources, education, and support to answer questions and connect you with the information you need.

Access recorded webinars, podcasts, toolkits, and other MMRF resources:

Learn more about multiple myeloma and the diagnostic process:

Have questions?

The MMRF Patient Navigation Center is here to provide guidance and support.

Call us at 888-841-6673 Monday-Friday, 9AM-7PM ET

Visit online at themmrf.org/support/patient-navigation-center