



***Food and
Symptom Diary***

***Treatment and
Record Diary***

NET Patient Foundation

incorporating Living with Carcinoid

Welcome

NET patients can get to meet a number of different doctors and specialist nurses who work together to manage this complex set of diseases that come under the umbrella of ‘neuroendocrine tumours’, or NETs for short.

It might be useful to note down the names of the different doctors you see and their special areas of interest, and the dates of your different consultations. There is even space to keep a record of your blood test results.

Some patients travel a long distance to attend the NET clinic. You may have a GP or a consultant at home that you also see. Writing down information about your appointments, tests, scans and treatments in this diary will help build a very useful reference when you next see your local doctor.

At the back of the booklet is a food diary. If you suspect that something you eat may be causing a reaction, you will be asked to fill in a food and symptoms diary for a number of weeks. It is important to do this as carefully as possible, so that the culprit food(s) may be correctly identified. This is particularly difficult if the reaction is delayed (ie. up to 48 hours after consuming the food).

We hope you find this booklet useful and welcome your feedback. You can call the charity on 0800 434 6476 or look us up on our website www.netpatientfoundation.com

With best wishes

The Team at NET Patient Foundation Inc Living With Carcinoid

Contents

My Details.....	2
Current Medication.....	3
Treatment Plan.....	4
Appointments	8
Results record	12
Contact Details.....	18
Useful Contact Numbers.....	19
Notes	20
Food and Symptom Diary	23

Sponsors



Novartis Pharmaceuticals Ltd are working with the charity to produce a national education programme, sponsoring the literature that the Foundation produces.

Appointments

Date	Time

Date	Time

Appointments

Date	Time

Date	Time

Results Record

Date:	
Weight	
Haemoglobin	
White Blood Cells	
Platelets	
Neutrophils	
Thyroid Function	
5HIAA	
Fasting Gut Hormone Profile:	
Chromagranin A	
Chromagranin B	
Pancreatic Polypeptide	
Gastrin	
VIP	
Neurotensin	
Somatostatin	
Glucagon	

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Gastrin	
VIP	
Neurotensin	
Somatostatin	
Glucagon	

Contact Details

Lead Consultant:

Telephone: _____ Mobile: _____

E-mail: _____

NHS Secretary:

Telephone: _____ Mobile: _____

E-mail: _____

Private Secretary:

Telephone: _____ Mobile: _____

E-mail: _____

Nurse Specialists

Telephone: _____ Mobile: _____

Bleep: _____

E-mail: _____

Sen. Registrar

Telephone: _____ Mobile: _____

Bleep: _____

E-mail: _____

Hospital Switchboard

Telephone: _____

To call Bleep numbers, contact through main switchboard

Useful Contact Numbers

CT

MRI

Ultrasound

Clinic

Outpatient Appointments

MIBG Therapy Ward

Yttrium Therapy Ward

Patient Transport

Endoscopy

Pharmacy

Macmillan Team

Dietitian

GP

District Nurse

Other Relevant Departments

Telephone: _____

To call Bleep numbers, contact through main switchboard

Patient Support

Don't forget to check the services available at your own hospital/centre. Some offer an excellent array of in house care such as counselling, pain management and nutritional services.

Your GP may offer support services – it's worth checking out.

NET Patient Foundation

Tel: 0800 434 6476

Website: www.netpatientfoundation.com



Cancer Backup

3 Bath Place

Rivington Street

London EC2A 3JR

Tel: 0808 800 1234 Fax: 020 7696 9002

Website: www.cancerbacup.org.uk



Macmillan Cancer Relief

89 Albert Embankment

London SE1 7UQ

Helpline: 0808 808 2020

Tel: 020 7840 7840 Fax: 020 7840 7841

Website: www.macmillan.org.uk



NHS Direct

Tel: 0845 4647

Website: www.nhsdirect.nhs.uk



This booklet has been compiled with grateful thanks to:
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