

Patient name and address	Date of Birth	NHS Number

Symptom Checklist (please tick)

- | | | |
|---|--|---|
| <input type="checkbox"/> 4+ months fatigue (not lifelong) | <input type="checkbox"/> Unrefreshing sleep | <input type="checkbox"/> Impaired memory or concentration |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Joint pain |
| <input type="checkbox"/> Tender lymph nodes | <input type="checkbox"/> Post exertional malaise | <input type="checkbox"/> Headaches |

Investigation checklist

- The following test results are required in addition to a **referral letter** detailing the patient’s medical and social history and reason for referral.
- Test results for patients with CFS/ME should be normal: please comment on any abnormalities that can be explained.
- Please ensure **ALL** the required blood tests have been completed within the past year.
- Severn Pathology have introduced a streamlined screening request system, and it is available on ICE as a profile called CFS/ME. Using this profile will ensure all these blood tests are done.
- Please attach a printout of these results if referring from outside BNSSG.

Full blood count	
ESR or PV (for UBHT lab, tick “required for secondary care” when requesting ESR)	
C-reactive protein	
Urea and electrolytes including potassium	
Liver function tests	
Calcium	
Creatine kinase	
Thyroid function	
Local coeliac screen (e.g. IgA endomysial or tissue transglutaminase autoantibodies)	
HbA1C or alternative blood glucose measure	

The history may suggest the need for other tests (e.g. ANA, Lyme serology) but in the absence of a suggestive history, no further tests are mandatory.

Aug 2018