

WHAT CAN I DO TO HELP WITH THE MANAGEMENT OF MY CARE?

- Attend all scheduled appointments. If you are unable to make it to your appointment, please let us know at least 24 hours in advance so we can offer the appointment to someone else.
- Contact the MS Clinic at (902) 473-5734, if your address or phone number changes.
- Get your blood work or other tests that are prescribed by your neurologist in a timely manner. This is for your safety. Your MS care will be delayed if you do not have this test completed.

All blood collection services require booked appointments: <http://www.nshealth.ca/blood-collection> provides information on how to access blood collection services throughout Nova Scotia.

Visit <https://bookings.nshealth.ca> to book your own blood collection appointment. If you want to book your appointment by telephone you can find contact information for different blood collection locations at the above website.

- See your primary care provider (family doctor or nurse practitioner) regularly, at least once a year.
- Have an eye examination at least once every two years. You may need to see your optometrist more often depending on your overall eye health.
- Ask questions! Let us know if you have questions about your MS symptoms, medication that you are prescribed, or anything else related to your MS care. We will do our best to give you the answers that you need.