Following your diagnosis of Fibromyalgia

A diagnosis of Fibromyalgia can often feel overwhelming, especially if it is a condition that you are not familiar with. You may have read a lot of confusing information and heard about other people's experiences that do not match your own. We understand that you may have been left with a lot of unanswered questions.

Don't worry, there is support available and we are here to help.

Now that a diagnosis has been made you will be offered an appointment with a therapist that is experienced in working with people with Fibromyalgia. We aim to offer this appointment within 2-4 weeks.

This will give you enough time to read the information provided and to think about the questions you may want to ask.

The appointment will support you in gaining clarity around your diagnosis and the help that is available. It will also be an opportunity to learn what steps you can take to help manage your condition.

You will be offered a second appointment if you want it, to help you take the next steps with your journey and explore the range of services available through the Barnstaple Alliance Primary Care Network.

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What will happen whilst I'm waiting?



When you receive a new diagnosis, it is natural that people around you will want to give you their own opinions and advice. Whilst this will be done with the best intentions, some people don't fully understand Fibromyalgia or only have a very limited experience of it.

Try to remember that this is **your** journey. You don't feel forced into acting on something someone has told you to do. If you have questions, make a note of them and bring them to your first appointment. Try not to listen to horror stories, negative experiences or dismissive opinions that Fibro 'isn't real'.

Remember

- You have a diagnosis – now it's time to start finding out how to manage with it.
- You have choices to make – one size does not fit all.
- No one person is the same – it is what works for you.

We look forward to meeting you at your first appointment.

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