

# Medical Monitoring for Eating Disorders

If you have medical monitoring as part of your eating disorder recovery journey then the following information has been created for you by individuals and carers with personal experiences of eating disorders to help you know what you might expect. The monitoring you receive is personalised to you. Not everyone will have medical monitoring, and everyone's experience of it may be different.

## What is medical monitoring?

Medical monitoring is a way for you and your healthcare professionals to monitor your physical health throughout your recovery process. This monitoring is alongside other treatment and support. Medical monitoring is an important part of your recovery process as it enables the people who are supporting you to assist you in your journey where necessary. It also helps you work together to decide what support is best for you.

You are the most important person in your recovery journey and you have the right to speak up and say how you are feeling about your treatment. Your family, friends, loved ones, and professionals are there to assist you on your journey, and they can do this best when you let them know your thoughts and opinions on the care you are receiving.

## What should I expect?

Medical monitoring could include blood tests, checking blood pressure, and getting weighed. There are a few things that you can do if you are anxious about the process. For example; you can discuss your feelings and thoughts with the medical monitoring team, you can let them know if you would prefer that they didn't discuss the number with you afterwards. You could ask a friend or loved one to join you and plan something nice to do after your appointment.

The frequency of medical monitoring depends on your physical and mental wellbeing. This will be discussed with you and can be adjusted if needed at any stage in your recovery process. The services you may use will be in touch if there is anything they need to raise or discuss with you, so they will confirm your contact details and ask for another point of contact in case they need to speak with you.

## How do I access medical monitoring?

This may be arranged for you, or you could speak to your GP, eating disorder team, or Specialist Health Care Assistant if you have any questions. Medical monitoring may take place at your GP surgery or eating disorder clinic. The services you use for eating disorder support will let you know how to access medical monitoring.

## Moving on after medical monitoring

Moving on from medical monitoring can happen at different times for different people and you may feel anxious about this, however, this is a positive step on your road to recovery. No two experiences of support are the same, as it is personalised and tailored to you.

If you have questions or would like to speak to someone about your physical health, you can go to your GP, or contact specific eating disorder related support. Information on support available can be found at: [www.linktr.ee/SUNnetworkEatingDisorderInfo](http://www.linktr.ee/SUNnetworkEatingDisorderInfo).

## As a carer, what can I do to support my loved one going through medical monitoring?

If they are worried about attending appointments, encourage them to talk about their concerns, listen, and ask if you can do anything to help. If they are disorganised and forget to go, you can ask if they would like a reminder.

If they are worried about their results, you should encourage them to talk to their care coordinator / key worker, or anyone involved with their treatment, and you should check that they get a positive response.

After your loved one has moved on from medical monitoring, it can be helpful to still check in with them and see how they are feeling. Information on support available can be found at: [www.linktr.ee/SUNnetworkEatingDisorderInfo](http://www.linktr.ee/SUNnetworkEatingDisorderInfo).

Written by individuals and carers with personal experiences of eating disorders.

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The SUN Network Cambridgeshire and Peterborough  
[www.sunnetwork.org.uk](http://www.sunnetwork.org.uk)

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