

Action for M.E. summary of the National Institute for Health Excellence (NICE) guideline for M.E./CFS, draft for consultation, November 2020

Section 1.3 Advice for people with suspected M.E./CFS

Key messages for this section

- When M.E./CFS is suspected, personal advice should be given about symptom management. They should also be advised to:
 - plan their daily activity to stay within their energy envelope and not use more energy than they perceive they have
 - rest as they need to
 - maintain a healthy, balanced diet with adequate fluid intake

- Explain to people with suspected M.E./CFS that their diagnosis can only be confirmed after three months of persistent symptoms (this applies to adults, children and young people). Reassure them that they can return for a review if they develop new or worsened symptoms and ensure they know who to contact for advice.

For more information about the NICE guideline for M.E. or to share your view, please visit www.actionforme.org.uk/NICE