**Sample Letter Template**

Use or adapt this template to refer patients who have been identified with prolonged symptoms and concerns about Lyme disease.

<<YOUR LETTERHEAD>>

<<ADDRESS>>

<<PHONE NUMBER>>

<<DATE>>

<<REFERRING CLINICIAN NAME>>

<<CLINICIAN ADDRESS>>

Dear <<REFERRING CLINICIAN NAME>>,

I have a patient I am referring to you for [prolonged fatigue].

The patient is a [46-year-old woman (G2P2) with well-controlled asthma who is seeing me for fatigue lasting over 8 years without a clear diagnosis].

Relevant past medical history includes [Lyme disease, asthma and depression. The diagnosis of Lyme disease was based on a laboratory-developed test that has not been cleared by the FDA].

The social history includes [working part-time as a school aide 3 days a week but finds she is taking naps when she is home and often sleeping over 11 hours at night without feeling rested when she wakes].

The work up so far includes [negative CT scans of the chest, abdomen and pelvis in 2019, an equivocal ANA with negative reflex testing in 2022. Hgb A1c, TSH, CBC and CMP are normal]. At this point, our goal is to focus on symptom management and improving the patient’s quality of life, rather than pursuing further work-up or treatments for Lyme disease.

Symptoms are affecting their life in the following ways: [She is having difficulty getting through her workday and she is missing out on family functions in the evenings due to fatigue].

I’m referring them to you to see if there are any other diagnoses or work-up that we should consider. The patient’s main goal is [to improve her exercise tolerance and reduce her fatigue. I’ve given her a symptom diary to fill out related to the fatigue that she will bring with her].

Please send me your consultation note, as I would like to know what your treatment plans are. I see this patient every [4 weeks], so I will talk through your thoughts and recommendations with the patient. Thank you for your insight and help with their care.

Sincerely,

Dr. <<YOUR LAST NAME>>