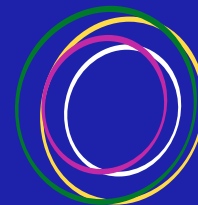


Acute lymphoblastic leukaemia (ALL)



Maintenance treatment for ALL

Treatment of ALL happens in phases. After intensification and consolidation you have maintenance treatment. It aims to reduce the risk of ALL coming back.



Maintenance treatment lasts around 2 years. You have most treatment at home. You go to hospital once a month or every few months for outpatient treatment.

Maintenance treatment is less intense than previous treatment. You can usually start getting back to your usual activities. Some people call this finding their 'new normal'.

There are a few different treatment options. Your team will recommend the most suitable ones for you. They will tell you what you need to take and how often.

Most medicines you have for maintenance are tablets or capsules you take at home. They may include:

- Low-dose chemotherapy tablets
- Steroid tablets
- Tyrosine kinase inhibitor (TKI) tablets if you have Philadelphia chromosome-positive ALL



Treatment you have at a hospital day unit every month or few months may include:

- A dose of chemotherapy as an injection or through a drip.
- Intrathecal medicines to prevent or treat ALL in your central nervous system.
- An antibody therapy called rituximab. You have this through a drip into a vein.



You'll also have medicines to prevent or manage symptoms or side effects.

You will have frequent blood tests to check how your body is coping with treatment.

You'll also have blood tests and possibly bone marrow tests to check how well treatment is working for you and to check for any signs your ALL has come back.



Side effects

Like all medicines, maintenance treatment can cause side effects. Side effects are different for everyone, and we cannot predict what side effects you may or may not get.

Your team will tell you about the possible side effects of your treatment.



Tell your doctor or nurse straight away about any side effects you have. They may adjust your treatment, give you medicines or suggest things that might help.

Being at home



When you finish treatment, you may not feel how you expected to. Life after treatment in hospital can involve a lot of change.



You might be worried about not having as much contact with your team. They are still there for you if you need them. Ask how you can get in touch with them if you need to.



You might want to slowly ease into working, doing activities or spending time with loved ones.

Remember to take things a day at time and not to put pressure on yourself.

We have more **information on your feelings when you finish treatment**. Scan the QR code or search 'your feelings' at **leukaemiacare.org.uk**



Need support or information?

- Scan the QR code or visit **leukaemiacare.org.uk**
- Call our freephone helpline on **08088 010 444**
- Send a WhatsApp to **07500 068065**
- Email **support@leukaemiacare.org.uk**



This information is aimed at people in the UK. We do our best to make sure it is accurate and up to date but it should not replace advice from your health professional. If you have any feedback or you'd like a list of our sources, please email **information@leukaemiacare.org.uk**.

