

A guide to completing  
treatment with **VENCLYXTO<sup>®</sup>**  
(venetoclax) for patients  
with chronic lymphocytic  
leukaemia (CLL)

# Looking forward



Information in this booklet is up to date at the time of going to print. For further information on this medicine please refer to the Package Leaflet that comes with your medication.

**If you get any side effects from VENCLYXTO<sup>®</sup> or any of the other medications you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Package Leaflet. You can also report side effects directly to the Health Products Regulatory Authority (HPRA) Pharmacovigilance department; website: [www.HPRA.ie](http://www.HPRA.ie). By reporting side effects, you can help provide more information on the safety of medicines.**



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# Now your treatment journey is coming to an end

You have been given this booklet because you are soon to complete or have completed your course of treatment.

This guide explains what completing treatment involves. We aim to provide you with information which may answer common questions patients may have, and we hope that you can look forward with positivity to the next chapter in your journey.

We hope that this booklet will give you the confidence to think about starting to live your life on your own terms again.

**Remember that your healthcare team is still your primary support going forward and will continue to help with any questions and concerns you have.**

## Important contact information

**Hospital:** \_\_\_\_\_

**Consultant:** \_\_\_\_\_

**Specialist nurse:** \_\_\_\_\_

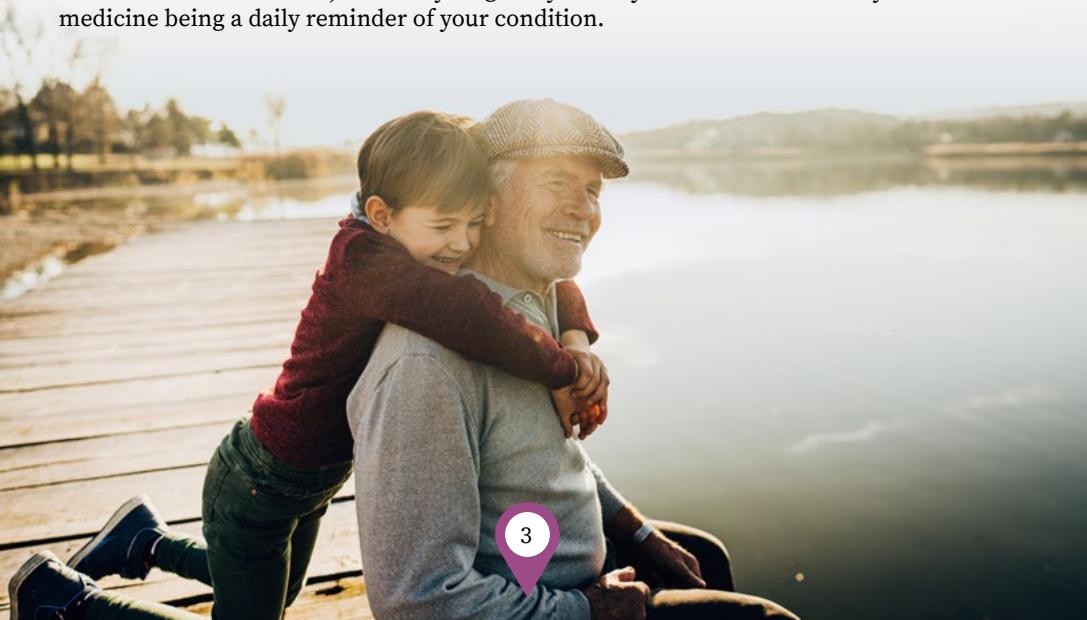
**Hospital number:** \_\_\_\_\_

**Out of hours number:** \_\_\_\_\_

Along your personal treatment journey, your healthcare team put you on a course of VENCLYXTO® treatment, together with either rituximab or obinutuzumab.<sup>1</sup> You will already have stopped these and are now about to complete, or have recently completed, your treatment.

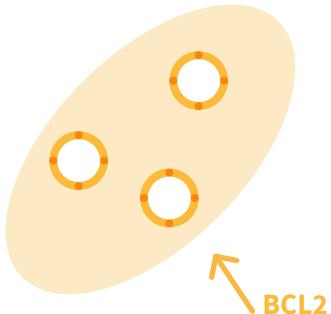
Whilst no two people are alike, everyone experiences ups and downs as they go from first diagnosis through to various treatment choices. So, when you complete your treatment, what might some of the ups be for you?

For a start, consider that a break from treatment means a break from some of the unwanted side effects too, and every single day is a day which starts without your medicine being a daily reminder of your condition.

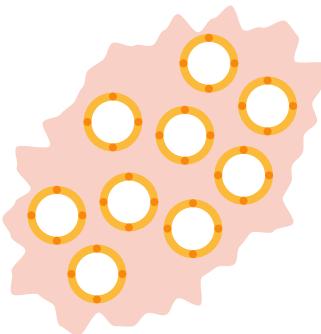


# How your medicine has worked to fight your CLL<sup>1</sup>

Your medicine was a type of medication known as a ‘BCL2 inhibitor’.

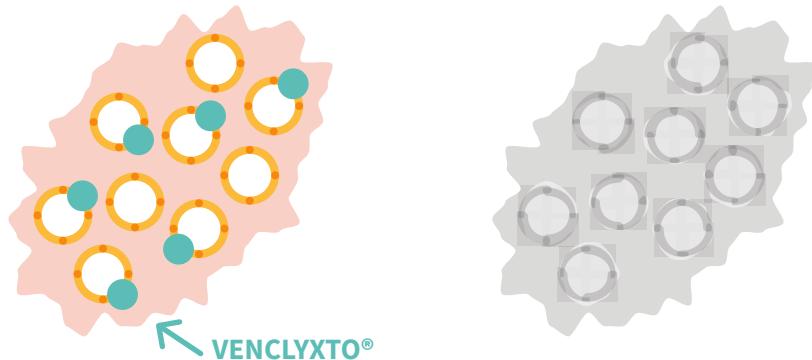


Normal cells in your body contain proteins called ‘BCL2’.



CLL cells make too much BCL2, which helps the cancer cells to survive.

Images are for illustrative purposes only.



This medicine works by blocking (inhibiting) BCL2 in cancer cells that are producing too much of the protein.

Blocking this protein helps to kill and lower the number of cancer cells. It also slows down the worsening of the disease.



Please speak to your healthcare team if you have any questions.

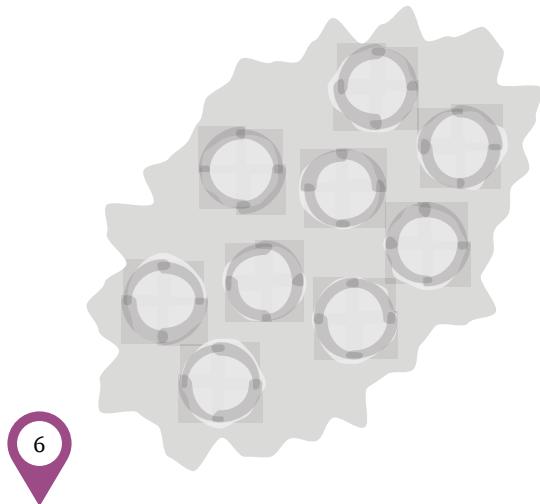
# What does stopping treatment mean for my CLL?

During the time you have been on treatment for CLL, your nurse will have regularly been checking your blood to see how well your treatment is working.<sup>1</sup>

The aim was to get the levels of CLL cells as low as possible. For some patients treatment can reduce the number of CLL cells to such an extent it can no longer be detected with currently available tests. This does not mean you are cured of the CLL but is a very positive sign to us that treatment has worked.

Your healthcare team will have explained what stopping treatment means for you and the importance of keeping track of your health in the next phase of your journey.

The next pages of this booklet will help you to do so.



# Keeping track of your health

**Completing your course of medicine, and being able to move on is a positive step in your CLL journey.**

It is still important though to continue to track your disease. Make sure you attend all follow-up appointments, even if you feel fine. Whilst your healthcare team will check your bloods during these appointments, between appointments there are signs and symptoms that are important for you to look out for.

**These include:<sup>1</sup>**

- Persistent tiredness
- Getting infections often
- A high temperature
- Breathlessness
- Bruising and bleeding more easily than normal
- Unintentional weight loss
- Night sweats
- Swollen glands in your neck, armpits or groin
- Swelling or discomfort in your tummy

**Remember, if anything changes that doesn't feel right, contact your healthcare team right away by the means that you agreed with them.**

## Taking care of yourself<sup>2</sup>

Now that your treatment is coming to an end, it's important to keep-up with your general well-being. As you regain some of your time and energy, you will start to feel like yourself again.



**Regular exercise** can increase your sense of well-being and can help speed your recovery. Focus on small steps to begin with and gradually build your strength back. Your healthcare team can suggest some exercises to get you started to suit your needs.<sup>2</sup>



But also, don't forget **the importance of rest**. Your body has been fighting cancer and now needs time to recover. Slowly build up the amount of activity you do at a time, as pushing yourself too hard can make you feel more tired.<sup>2</sup>



**Eating a balanced and nutritious diet** is another essential way to take care of your body after treatment. If you're looking for direction, talk to a dietician or nutritionist for advice tailored for you.<sup>2</sup>



And of course, your **psychological health** is just as important as your physical health. You may be feeling a mixed range of emotions right now and it is important to do things that may help reduce any stress.<sup>2</sup>

For more information on taking care of yourself after cancer, go to [www.cancer.ie](http://www.cancer.ie).

# Going forward with your healthcare team

Complete this page with your healthcare team.

## My treatment

Date of last VENCLYXTO® dose:

## My bloods at end of treatment

Your healthcare team may have provided you with your blood measurements at the end of your treatment journey. It may be useful for you to keep note of them here for future reference.

| Blood tests   | Value                |
|---|----------------------|
| White blood cells (x10 <sup>3</sup> /mm <sup>3</sup> )            | <input type="text"/> |
| Haemoglobin (g/dl)  | <input type="text"/> |
| Platelets (x10 <sup>3</sup> /mm <sup>3</sup> )                    | <input type="text"/> |
| Peripheral blood lymphocytes (x10 <sup>3</sup> /mm <sup>3</sup> ) | <input type="text"/> |

## Dates of follow-ups

It is highly likely that your healthcare team would still like to monitor you.  
You can fill-in the dates of your follow-up appointments below.

|             |       |       |
|-------------|-------|-------|
| Follow-up 1 | Date: | Time: |
| Follow-up 2 | Date: | Time: |
| Follow-up 3 | Date: | Time: |

# Keeping track of how you're feeling

Use these pages to make notes about how you feel during the first few weeks and months off treatment in case you want to discuss it at your next appointment.

## Week 1

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## Week 2

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## Week 3

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## Week 4

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**Week 5**

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**Week 6**

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**Week 7**

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**Week 8**

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**Month 3**

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# Five fast facts for finishing treatment with your medicine

Now that you're coming to the end of your treatment journey, here are the top five fast facts for looking forward.



Your doctor put you on a fixed-duration course of treatment (either for 1 or 2 years).



You've now come to the end of your treatment journey with this medicine.



Your healthcare team will still want to see you for follow-ups. Don't be afraid to contact them with any questions or concerns.



Continue to live well and keep looking after yourself.

Hopefully, you can look forward to the future, living your life on your own terms.



You're not alone. Don't forget there are many other places you can find support.

## Notes

**Write down any other thoughts, feelings or questions you have.**

**References:**

1. VENCLYXTO® Package Leaflet available at [www.medicines.ie](http://www.medicines.ie).
2. Irish Cancer Society. Healthy living after Cancer. Available at: <https://www.cancer.ie/life-after-cancer-treatment/healthy-living-after-cancer> (accessed December 2025)