MyCLL

STAYING ON TOP OF SYMPTOMS

Like most conditions, chronic lymphocytic leukaemia (CLL) affects people differently.[1]

You should always follow your healthcare team's advice and guidance when it comes to managing symptoms.[2]

Keeping a record of your symptoms can be useful for a number of reasons;

1. Firstly, recording any new or changing symptoms can highlight changes in the condition.[3]

2. Secondly, recording your symptoms can help you to build up a picture of how each symptom affects you. It's useful to record all symptoms so that you have a complete picture.[3]

Include as much detail as you can. This can help to identify any patterns that might pinpoint triggers or causes. Recording what has – and hasn't – worked to manage each symptom can also be helpful.

On the next page, you will find an example symptom tracker that you can use. You can then use this during appointments to explain how each symptom is affecting you. This can help you and your healthcare team to manage each symptom. Your symptom tracker may also provide an indication of how well your treatment plan is working.

If you experienced symptoms that you cannot manage or any serious side effects, then speak to a member of your healthcare team without delay. For information on Calquence, including side effects, please see your patient information leaflet found in the carton containing the medicine.

Images throughout are stock images, not real patients.

TRACKING YOUR SYMPTOMS

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You can use the following tracker to get started.

	My symptoms						
Date							
Symptom							
New or recurring?							
Severity (1-10 scale)							
How long did it last?							
How did I manage it?							
Possible triggers, other thoughts, etc							

If you have any questions about MyCLL, please speak to a member of your healthcare team.

This material is intended for patients who have been prescribed Calquence (acalabrutinib), which is used for the treatment of adults with chronic lymphocytic leukaemia (CLL). It does not replace the Patient Information Leaflet, which you can find in the carton containing your medicine and which you should read alongside this information. If you have any questions about your treatment, talk to your healthcare team or refer to the Patient Information Leaflet.

Reporting of side effects: If you get any side effects, 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 via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

MyCLL is a patient website, managed and fully funded by AstraZeneca UK. The information in this programme does not replace medical advice. If you have any questions, please speak to your healthcare team.

References

1. Chronic Lymphocytic Leukaemia: A guide for people with CLL and their support network: Leukaemia foundation. Accessed: July 2026. Available from: https://www.leukaemia.org.au/wp-content/uploads/2025/08/Chronic-lymphocytic-leukaemia-CLL_Guide-2024.pdf.
2. NHS. Symptoms. Chronic lymphocytic leukaemia. Accessed: July 2026. Available from: https://www.nhs.uk/conditions/chronic-lymphocytic-leukaemia/symptoms/
3. Cancer Research UK. Seeing your GP about chronic lymphocytic leukaemia (CLL). Accessed: July 2026. Available from: https://www.cancerresearchuk.org/about-cancer/chroniclymphocytic-leukaemia-cll/getting-diagnosed/seeing-your-gp

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