

The Paediatric Oncology and Haematology  
**Long term follow up  
clinic**

Information for patients  
aged under 11 years



leeds children's  
hospital

caring about children

The Children's Oncology Long Term Follow Up clinic offers support and advice for you and your family when you have been off treatment for more than five years.

### Why should I come to clinic?

We want you to keep healthy and make sure you don't have any side effects from the treatment you had. Coming to clinic gives you a chance to ask any questions about the illness and treatments you had in the past.

### What will happen at clinic?

- You will be seen by a doctor or a nurse.
- We will measure you to see how well you are growing.
- We will ask some questions such as how you are, are you taking any medicines and how you are doing at school.
- We may need to do some tests such as blood tests.



## Keeping healthy

*It is important that you keep healthy. You can do this by:*

- Eating a healthy diet
- Taking regular exercise
- Don't get sun burnt

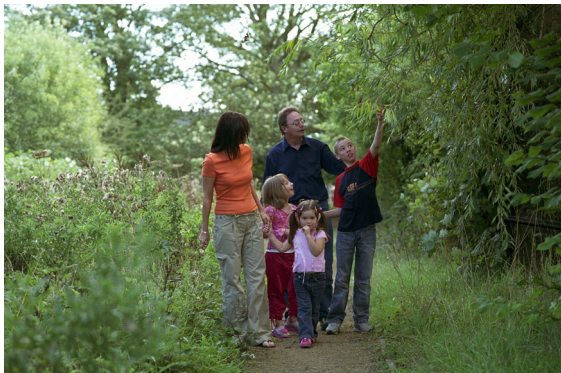


*So if you are worried or have a question you and your family can call the nurse on the number below:*

**Naseem Sarwar, Clinical Nurse Specialist**

**Telephone Number: 0113 392 8853 or 0113 206 8959**

**Email: [n.sarwar@nhs.net](mailto:n.sarwar@nhs.net)**





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