



FOLLOW-UP GUIDELINES

Low- Grade Non-Hodgkin's Lymphoma

April 2021

These guidelines are intended to assist in follow-up care and not to replace individual physician judgement with respect to particular patients or special clinic situation.

Discharge Pathway:): Patient with low risk disease who underwent curative intent treatment and is in complete response, as well as patient with low risk disease such as Low FILIPI score and never treated requiring surveillance can be discharged to primary care provider. All other patients will continued to be followed up at cancer clinic.

Goals of Surveillance: To detect disease relapse and to monitor for the long term side effect of any treatment patient may have received.

Suggested Recommendations for Follow up:

- History and physical examination once every 3 to 6 months.
- CBC, creatinine and LDH once every 3 to 6 months.
- No routine radiological investigations are needed unless clinically indicated.
- Patient treated with radiation to the stomach for Gastric MALT lymphoma will need upper GI endoscopy once a year.
- For patient who has received radiation therapy to head and neck area yearly thyroid function tests and periodic dental examination is suggested.
- Annual Influenza vaccine and pneumococcal immunization every 5-6 years.

Symptoms and signs to watch for:

- Unexplained weight loss, drenching night sweats and unexplained fever.
- Development of new lymphadenopathy in patient previously in complete response and worsening lymphadenopathy in patients with known lymphadenopathy.
- Development of Hepatosplenomegaly.
- Development of unexplained cytopenias as anemia, thrombocytopenia and neutropenia.
- Sudden increase in lymph node size with increase in LDH.

If any of the above or other signs and symptoms suggestive or relapse consider referring patient to cancer clinic.

References:

1. <https://www.esmo.org/guidelines/haematological-malignancies>
2. <https://www.nccn.org/professionals/physician>
3. <https://www.uptodate.com/contents/overview-of-care-for-adult-survivors-of-non-hodgkin-lymphoma>.