



KEEPING TRACK

# MY CLL MEDICATION JOURNAL

▲ **Cancer-related therapies must be taken exactly as prescribed to be fully effective.** Use this document to track each dose, including any missed doses. Make additional copies as needed. Share with your doctor during follow-up appointments.



## MY DIAGNOSIS

Cancer Type/Subtype	<i>Leukemia / chronic lymphocytic leukemia</i>
Stage/Grade	
Diagnosis Date (year)	
Biomarkers (if any)	



## MY HEALTH CARE TEAM CONTACTS

TYPE OF CONTACT	NAME	PHONE/E-MAIL
Oncologist/Specialist		
Nurse Navigator		
Primary Care Physician		
Case Manager		
Pharmacy		



## MY MEDICATION TRACKER

DATE	MEDICATION	DOSAGE/ FREQUENCY	NOTE THE TIME YOU TOOK YOUR LAST DOSE				DETAILS OF ANY SIDE EFFECT
			8 a.m.	12 p.m.			
10/07/22	<i>Drug name</i>	<i>350 mg once every 4 hours</i>	<i>8 a.m.</i>	<i>12 p.m.</i>			<i>Mild diarrhea an hour later.</i>



### WHAT TO WATCH FOR

**CONTACT YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE ANY OF THESE SYMPTOMS:**

- ▶ Fever of 100.4 °F or higher
- ▶ Shaking; chills
- ▶ Chest pain or shortness of breath
- ▶ Excessive bleeding or bruising; clotting issues
- ▶ Confusion
- ▶ Severe headache with a stiff neck
- ▶ Bloody or cloudy urine
- ▶ Diarrhea that lasts more than two days without improvement; bloody or black stool
- ▶ Signs of dehydration: excessive thirst, dry mouth, dry skin, little or no urination, dark-colored urine, severe weakness, dizziness or lightheadedness
- ▶ Severe abdominal or rectal pain
- ▶ Heart palpitations