

KEEPING TRACK

SIDE EFFECTS TRACKER

▲ Talk to your doctor openly about any symptoms you feel as soon as they begin. Early treatment of side effects may prevent them from persisting or worsening. Keep detailed records to help your doctor determine the best way to treat or manage them.

MY DIAGNOSIS

Cancer Type/Subtype	
Stage/Grade	
Diagnosis Date (year)	
Biomarkers (if any)	
Types of treatment	

MY HEALTH CARE TEAM CONTACTS

TYPE OF CONTACT	NAME	PHONE/E-MAIL
Oncologist/Specialist		
Nurse Navigator		
Pharmacy		

SYMPTOMS & SIDE EFFECTS

DATE OF LAST TREATMENT	DATE SIDE EFFECT BEGAN	TYPE OF SIDE EFFECT	SEVERITY (Scale of 1-10)	HOW LONG DID IT LAST?	ANY POSSIBLE TRIGGERS?	DID ANYTHING HELP?
<i>Example: Chemotherapy infusion, 2/27/24</i>	<i>3/1/24</i>	<i>Nausea</i>	<i>7</i>	<i>Most of the day</i>	<i>Certain smells</i>	<i>Ginger lozenges</i>

WRITE IN SIDE EFFECTS THAT NEED IMMEDIATE ATTENTION
