

# KEEPING TRACK SIDE EFFECTS

▲ **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, 2/27/23</i>	<i>3/1/23</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
