



Symptoms and side effects tracker

How do I use this tracker?

This tracker is designed to help you record symptoms, side effects, and what helps you with certain side effects or symptoms. You can bring this to appointments or share it with your care team so they can see patterns and make decisions together with you.

Each time you notice a symptom or side effect, add a new entry to the table by recording the type, days since treatment, start/end time, severity, any patterns or possible triggers, what helped, medication taken, and any advice from your medical team. The more detail you include, the more helpful it will be; consider adding a brief weekly summary to help your care team notice trends and tailor your support.

Note: If you have any urgent concerns*, you should contact your care team or local emergency services right away.

Care team and support

Please add the best numbers to reach your oncology team and emergency services so this page doubles as a quick reference.

Oncology clinic (24/7 if available)

Nurse/Oncologist contact

Hospital/Infusion center

Local emergency number

Important disclaimer

This checklist is for personal tracking and self-management support only and does not constitute medical advice or replace guidance from your medical team. If you are in any doubt, or if symptoms change or worsen, contact your medical team or local emergency services immediately.

Act now: Don't ignore these red flag symptoms*

- Fever of 38.0 C (100.4 F) or higher, or chills
- Chest pain, trouble breathing, or severe shortness of breath
- Confusion, a new severe headache, fainting, or a seizure
- Uncontrolled vomiting or diarrhea, or signs of dehydration
- Severe abdominal pain or a swollen, hard belly
- Uncontrolled bleeding, black or tarry stools, or blood in vomit or urine
- Signs of a severe allergic reaction such as swelling of the face, lips, or tongue; hives; or difficulty breathing
- Redness, swelling, pain, or discharge at a line or port that is getting worse

Symptoms/ Side effects

Type of symptom/side effect	Example: Headache
Days since treatment	5
Time	Start: Monday 06/10 noon End: Tuesday 07/10 morning
Severity (1-10)	7
Pattern/Possible triggers	Dehydration, warm temperatures
Things that helped	Fresh air, closing the blinds to darken room
Medication taken	None
Advice from medical team	Staying hydrated, take painkillers when needed