

My side effect tracker

Name: _____ Treatment: _____ Cycle #: _____ Start date: _____. Fill in a column each day and bring this sheet to every visit.

Week of _____	Day 1 Date ____	Day 2 Date ____	Day 3 Date ____	Day 4 Date ____	Day 5 Date ____	Day 6 Date ____	Day 7 Date ____
Treatment / day of cycle							
Temperature (°F) AM							
Temperature (°F) PM							
<i>Symptoms: 0 = none, 1 = mild, 2 = moderate, 3 = severe</i>							
Nausea							
Diarrhea							
Fatigue (tiredness)							
Rash							
Mouth sores							
Numbness or tingling							
Appetite							
Mood							
Other: _____							
<i>Medicines and notes</i>							
Meds taken (✓)							
Anti-nausea / extra meds							
Fluids (cups)							
Notes							



Call your care team now if you have:

- A temperature of 100.4°F (38°C) or higher (CDC)
- Chills or shaking
- A new cough, sore throat, or shortness of breath
- Diarrhea that's new or getting worse
- Ear pain, headache or sinus pain, or a stiff or sore neck
- A new skin rash
- Sores or a white coating in your mouth or on your tongue
- Swelling or redness, especially where a catheter or port enters your body
- Urine that's bloody or cloudy, or pain when you pee

Check with your care team before taking anything for a fever, even acetaminophen (Tylenol) or ibuprofen (Advil), because it can hide signs of an infection. If it feels like an emergency, call 911.

Care team phone: _____ After hours: _____

Medicines I take

Questions for my care team

What the care team told me

From CancerSideEffectsGuide.com, by the CSE Team. Last updated: October 26, 2026. Free to print and share. This tracker is for information only and isn't medical advice. Always follow your own care team's instructions. Sources: CDC, Preventing Infections in Cancer Patients (fever of 100.4°F or 38°C); National Cancer Institute, Infection and Neutropenia During Cancer Treatment (other warning signs). Note: NCI uses 100.5°F (38°C) as its fever number.