

CHEMOTHERAPY SIDE EFFECTS TRACKER

NAME: _____
 CONTACT: _____
 MEDICATIONS: _____

While receiving chemotherapy, it's important to track and discuss side effects, like chemotherapy-induced nausea and vomiting (CINV), with your healthcare team to prevent future episodes. This tracker will help you start the conversation. Each day, mark your nausea level from 1 (not nauseous) to 5 (vomited), and complete the other rows in the column. Fill in the bubbles to the right if you had a chemotherapy session or took your anti-nausea treatment that day.

Date	Nausea Level					Times Vomited	Diet	Activity	Energy Level (1-5) <small>1 - LOW 5 - HIGH</small>	Sleep Quality (1-5) <small>1 - NOT RESTED 5 - RESTED</small>	Notes
	1	2	3	4	5						
8/23/16						1	Light breakfast	Walked 30 min	3	2	Felt sick after breakfast

Chemo Session

Antinausea Treatment

KEY

- NOT NAUSEOUS
- SLIGHTLY NAUSEOUS
- NAUSEOUS
- VERY NAUSEOUS
- VOMITED

MORE RESOURCES

www.TimeToTalkCINV.com

YOU DON'T NEED TO SUFFER NEEDLESSLY—NAUSEA AND VOMITING FROM CHEMOTHERAPY MAY BE PREVENTED

TALK TO YOUR ONCOLOGIST, NURSE, OR PHARMACIST ABOUT PREVENTION TO MAKE SURE YOU GET THE BEST POSSIBLE CARE

You can download the MASCC Antiemesis Tool app at mascc.org/mat. It lets you capture information on nausea and vomiting episodes to ensure you are achieving the best control of these possible side effects. This information can be shared with your healthcare team when evaluating your treatment.



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