

CHEMO SIDE EFFECTS TRACKER

Managing Chemo Side Effects

Chemo Side Effect	Description	Dates	Doctor Notes
BLOOD CELLS			
Neutropenia <i>(low white blood cell counts)</i>		When started: When treated: When resolved:	Notes:
Anemia <i>(low red blood cells)</i>		When started: When treated: When resolved:	Notes:
Thrombocytopenia <i>(low platelets)</i>		When started: When treated: When resolved:	Notes:
Alopecia <i>(hair loss)</i>		When started: When treated: When resolved:	Notes:
Constipation		When started: When treated: When resolved:	Notes:
Diarrhea		When started: When treated: When resolved:	Notes:
Nausea and vomiting		When started: When treated: When resolved:	Notes:

CHEMO SIDE EFFECTS TRACKER

Managing Chemo Side Effects

Chemo Side Effect	Description	Dates	Doctor Notes
BLOOD CELLS			
Peripheral neuropathy <i>(nerve & muscle weakness or tingling)</i>		When started: When treated: When resolved:	Notes:
Stomatitis and mucositis <i>(mouth and gum sores)</i>		When started: When treated: When resolved:	Notes:
Skin changes		When started: When treated: When resolved:	Notes:
Taste changes		When started: When treated: When resolved:	Notes:
Fatigue		When started: When treated: When resolved:	Notes: