

Chemotherapy Side Effects Diary



There can be lots of side effects to chemotherapy.

The most common are:

- **tiredness**
- **feeling sick**
- **vomiting**
- **sore mouth**
- **diarrhoea**
- **constipation**
- **rash**
- **skin changes to hands & feet**
- **neuropathy – numb or tingly hands & feet**
- **pain**

Your oncology team should provide you with information of when to seek urgent medical attention.

You may find it useful to keep a note of any side effects you have. It could help you:

- **remember when you experienced side effects**
- **note how long side effects lasted**
- **identify what helped relieve side effects**
- **identify patterns in your body's reaction to chemotherapy**
- **share information with your medical team**

You will find a template diary page below.

Make a note of useful hospital contacts here:

Name:

Contact number/s:

Name:

Contact number/s:

Date:

Chemo day number:

Today's medication:

How you feel after chemo:

Exercise, food and drink:

Sleep:

Your notes: