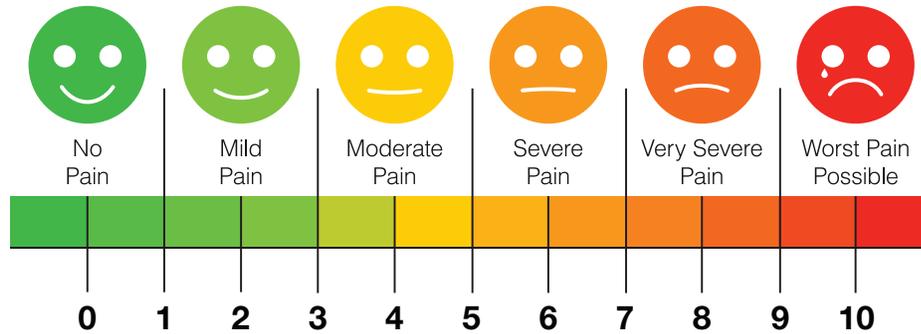


Symptom Management Log

Your Treatment | Kellogg Cancer Center

You can make daily or weekly notations, or just write down anything significant when it happens. Using the rating system suggested, and comments, may help you spot trends and see how the side effects may be related to your treatment schedule, activities, diet, etc.



Symptom Codes:

- S = sleep issues MS = mouth sores C = constipation MEM = memory/fogginess
- FA = fatigue B = breathing problems A = appetite loss INT = Sexual interest or activity problems
- P = pain CO = cough E = emotional issues (depressed, irritable/sad) O = other (write in comments section)
- F = fever SW = swallowing issues

Example of Personal Management Symptom Log

Name James Smith Date of Chemotherapy 6/25 Week Starting _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Symptom/Severity	P / 4 Leg	/	/	/	/	/	/
Action/ Medication taken	ate soup						
Relief? (circle one)	<input checked="" type="radio"/> / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

See the next page for your personal Symptom Management Log >

Symptom Management Log

Your Treatment | Kellogg Cancer Center

Name _____ Date of Chemotherapy _____ Week Starting _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Symptom/Severity	/	/	/	/	/	/	/
Action/ Medication taken							
Relief? (circle one)	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Symptom/Severity	/	/	/	/	/	/	/
Action/ Medication taken							
Relief? (circle one)	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Symptom/Severity	/	/	/	/	/	/	/
Action/ Medication taken							
Relief? (circle one)	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

Comments:

Symptom Codes:

- | | | | |
|------------------|------------------------|---|--|
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