

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. Please fill in the chart below by recording your nausea level from 1 (not nauseous) to 5 (vomited). Mark with an **X** if you had a chemotherapy session or took your anti-nausea treatment that day. Fill in the other rows and use the numbered rows to track whatever else you would like, such as favorite activities. Share the results with your oncologist, nurse, or pharmacist (ie, your healthcare team).

MONTH: _____ DAY: _____

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
NAUSEA LEVEL	1																															
	2																															
	3																															
	4																															
	5																															
TIMES VOMITED																																
CHEMOTHERAPY SESSION																																
ANTINAUSEA TREATMENT																																
ENERGY LEVEL (1-5) 1 - LOW, 5 - HIGH																																
SLEEP QUALITY (1-5) 1 - NOT RESTED, 5 - RESTED																																
1:																																
2:																																

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.

KEY

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

ADDITIONAL NOTES

MORE RESOURCES



TIME TO TALK CINV™

www.TimeToTalkCINV.com

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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