

Chemotherapy treatment diary



Information for patients

Chemotherapy



In hospital and in the community

proud to make a difference

Personal details

Name of patient:

Consultant:

Hospital number:

Location of chemotherapy treatment

Ward/department:

Hospital:

Other important details

Allergies:

Important Advice

Always carry your chemotherapy alert card.

It is important that you know what to do if you feel ill at home. If you have had treatment within the last 6 weeks and think you have developed symptoms of infection or you have any unusual bruising or bleeding (for example heavy nosebleed), **it is essential to phone Weston Park Hospital for urgent medical help.**

Symptoms of infection include:

- sore throat
- temperature above 37.5°C
- shivering
- cough or cold symptoms
- diarrhoea
- feeling unwell even with a normal temperature

People undertaking Chemotherapy may become poorly very quickly. This can become life-threatening, particularly if warning signs are ignored.



Weston Park Hospital contact number

0114 226 5000

Ask the switchboard operator to put you through to the assessment unit nurse at Weston Park Hospital.

Even if you have part of your treatment at Chesterfield and North Derbyshire Royal Hospital, Rotherham District General Hospital, Doncaster Royal Infirmary or Barnsley District General Hospital, you should still phone **Weston Park Hospital.**

If you are ever admitted to hospital, attend Accident and Emergency or consult any Doctor, you must tell the Doctor that you are receiving anticancer treatment. You should ideally take this diary with you. They should then contact Weston Park Hospital for advice.

Record of chemotherapy information received

Tick all that apply

- Chemotherapy regimen information (provide details below)

Name of regimen (write drug names in full):

- Intravenous chemotherapy (PIL2475)
- Oral chemotherapy (PIL2476)
- Caring for your mouth (PIL1035)
- Chemotherapy alert card (PIL1639)
- Guide to chemotherapy services (PIL331)
- Day case generic chemotherapy advice (PIL1222)
- Other information (provide details below)

District nurse referral sent if required:/...../.....

Date district nurse visit requested:/...../.....

How to use your treatment diary

The diary is for you to record any symptoms or problems that you may experience during your chemotherapy treatment. This is **your own record** and we hope you find it helpful.

If you wish to, you can share your diary content with the staff involved in your care. This information can help them to understand any problems you may be having. It can also be used to manage these concerns.

Please bring this diary with you when you attend your outpatient and chemotherapy treatment appointments. You should also take it with you if you visit your GP.

If you are receiving treatment on a chemotherapy day unit, there will not be a doctor present all of the time. Sometimes it can take a while to contact a doctor if you need to speak to one. Please be aware that this may increase the amount of time you have to spend in the unit.

Here are some prompts of topics you might need to discuss with the doctor when you see them in the outpatient clinic.

- Have you had any symptoms that have not been controlled by the medication that you were given?
- Do you need to change your next treatment date due to a holiday or other plans?
- Do you have enough of the medication that is supplied by the hospital?

Please use the space below to note down any questions or concerns you would like to discuss at your next appointment:

Should I keep this diary if I am also having radiotherapy?

If you are receiving radiotherapy along with chemotherapy you should still keep this diary while you are having your treatment.

However, you should complete the symptom record and diary sections each week before you have your radiotherapy review.

Keeping the diary can help you keep track of the symptoms you are having. It can also be helpful to the doctors and therapy radiographers involved in your care.

What should I do if I take other medication?

Some medicines could be harmful to take when you are having anti-cancer treatment. This includes some tablets that do not need to be prescribed by a doctor for example, aspirin, vitamin tablets and herbal or homeopathic remedies.

- Always tell your doctor and the hospital pharmacy about any other medicines you are taking.
- If you are on other medications please bring your GP repeat prescription with you to your first appointment so we can check that they can be taken with your cancer treatment.
- If you are started on new medications during your cancer treatment bring them with you on your next visit.

My treatment / side effects diary

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Treatment given today:
Cycle number:
Any comments:

2. Supportive medicines to take home (to be completed by nurse):

Drug	Reason for taking drug

3. Advice given to manage side effects (to be completed by nurse):

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4. Since your last treatment have you?

- Contacted the hospital or a doctor to ask for advice about your symptoms or attended your local GP or hospital? **yes/no**
- Had any symptoms of infection, bruising or bleeding? **yes/no**

5. Are there any concerns you wish to discuss? (give details below)

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6. What symptoms have you had since your last treatment?

(Circle those that apply when they were at their worst)

If your symptoms are moderate or severe please call **0114 226 5000**

Type	Mild	Moderate	Severe
Nausea, feeling sick	Eating almost as normal	Eating much less than normal	Not able to eat or drink
Vomiting, being sick	1 episode in a day	2 to 5 times in a day	6 or more times in a day
Constipation	Bowels open almost as normal	Bowels not open for 2/3 days	Bowels not open for 4+ days
Diarrhoea	Up to 4 times a day for less than 2 days	Up to 4 times a day for more than 2 days	5 or more times a day
Mouth	Feels sore but able to eat and drink	Mouth ulcers, some pain, able to drink	Unable to eat
Feeling tired	A little tired, but carrying out normal activities	Resting less than half of each day	Resting most of day / unable to get out of bed
Skin reactions	Rash in small area of skin	Rash or redness over whole body	Painful rash, broken areas of the skin
Sore hands or feet	Swollen or numb, carrying out normal activities	Painful swelling or numbness, carrying out most activities	Blistering, severe pain, unable to carry out activities

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www.wphcancercharity.org.uk
0114 226 5370

Alternative formats may be available on request.
Please email: alternativeformats@sth.nhs.uk

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