

SIDE EFFECTS NOTES SHEET

A simple printable sheet for changes, symptoms, side effects, and questions

Why this sheet exists

When something changes during cancer treatment, it can be hard to know what matters. You may tell yourself it is probably nothing. You may worry that it means everything. You may remember it clearly until the appointment begins, then go blank.

This sheet helps you describe what has been happening in plain language. It is not for diagnosing yourself or changing treatment. It is simply a clearer record to bring to your medical team.

What changed?

The change I noticed

When it started

How often it happens

How long it lasts

Better, worse, or the same?

What seems to trigger it?

What seems to help?

What makes it worse?

How is it affecting daily life?

Sleep

Eating or drinking

Walking or movement

Work or concentration

Mood or anxiety

Anything else

Side effect notes

Date	What happened?	Time	Mild / Moderate / Severe	What helped?

Questions for my medical team

- Is this an expected side effect?
- When should I contact you about this?
- Could this be related to medication?
- Is there anything that may help?
- Does this affect my treatment plan?
- Who should I contact if it gets worse?

What I want them to understand

The part bothering me most

It is affecting my life by

I am worried about

I need help with

A note about safety

This sheet is not medical advice. Always follow the advice of your medical team. If symptoms are severe, sudden, frightening, or getting worse, contact your medical team, out-of-hours service, emergency department, or local emergency number. Do not wait for the next routine appointment if something feels urgent.