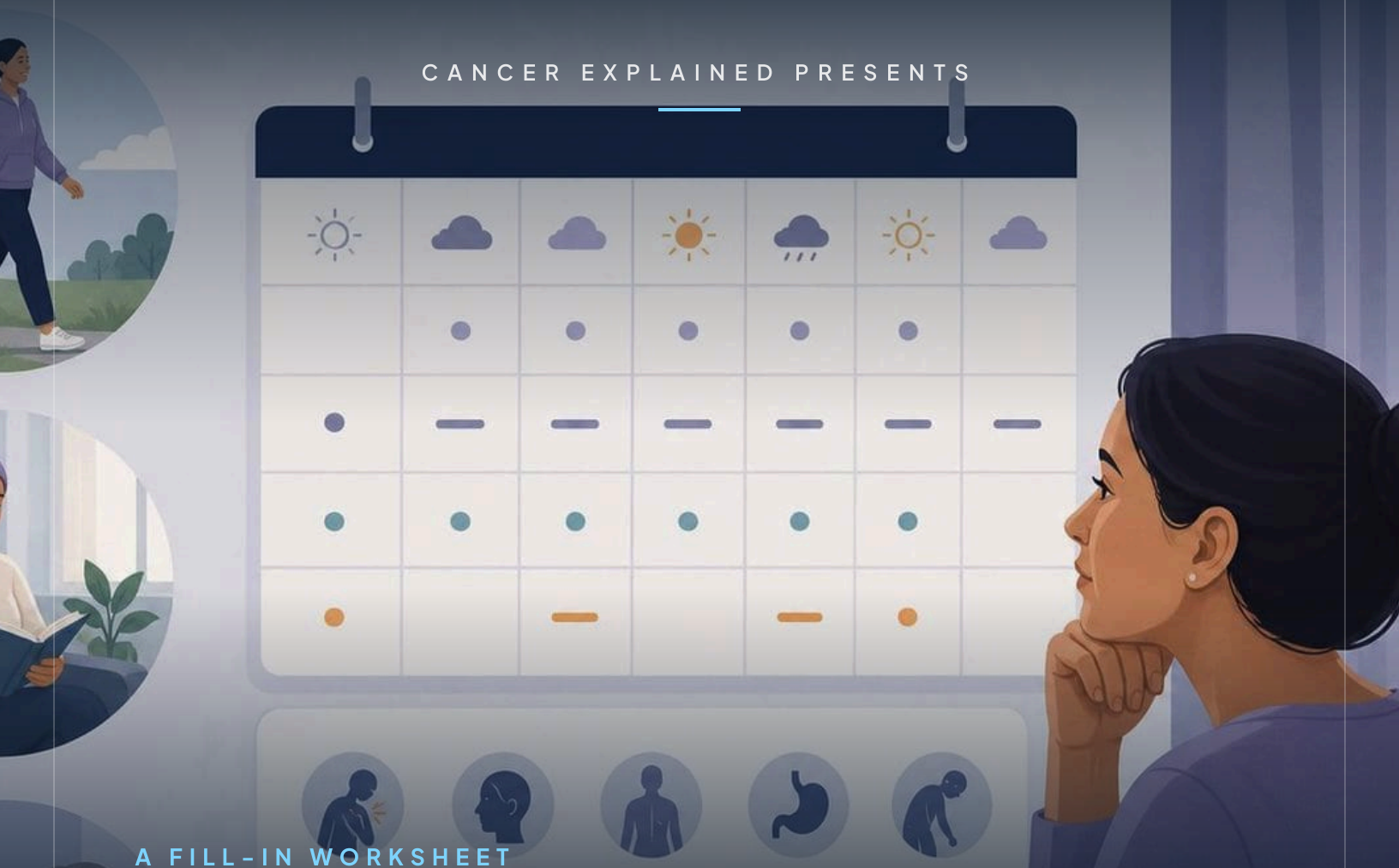
CANCER EXPLAINED PRESENTS



A FILL-IN WORKSHEET

SIDE EFFECT TRACKER

Record treatment side effects between visits

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-11-10**

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Side Effect Tracker

Record treatment side effects between visits

cancer explained.org

1 For each side effect, record

What it is (e.g. nausea, tingling hands, mouth soreness):

_____

When it started, and how many days since your last treatment:

_____

How bad it is on a 0–10 scale, and whether it is getting better or worse:

_____

What you tried, and whether it helped: _____

2 Before your next visit

- ☐ Mark the two or three side effects that bother you most.
- ☐ Note anything that stopped you from eating, sleeping, or daily activities.
- ☐ Write down questions about anything new or confusing.

3 Ask your healthcare team

Which side effects should I report right away, and which can wait for my next visit?

What is the after-hours number to call? _____

Is there anything that can prevent or ease the side effects I'm tracking?

My side effect log

Date	Side effect	Days since treatment	0–10	What I tried, and did it help?

THE BOTTOM LINE

Many side effects can be eased — but only if your healthcare team knows about them. Tracking makes that conversation easier.

Sources: NCI: Side effects of cancer treatment (cancer.gov/about-cancer/treatment/side-effects)

Learn more in plain language: cancerexplained.org/side-effects/side-effects-overview · **Updated:** 2026-11-10

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