

**How did you feel during your  
Chemotherapy Treatment?  
Your personal record  
Mount Vernon Cancer Centre**

Patient Information Series No 52

Fill out a chart each day throughout each session of your treatment. Then bring this booklet with you each time you see the doctor and nurses giving you your treatment. It will help you to remember accurately how you felt and enable the team treating you to try to ease your side-effects.

This is an example of how to fill in your personal chart.

Session number: **1 of 6** Starting date: **21<sup>st</sup> November**

Fill in here the dates, starting with day 1 of session 1 of your chemotherapy

Side-effects as they happen to you	Nov 21	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Nausea	✓	✓	✓	✓	✓									
Sickness				✓	✓	✓								
Diarrhoea								✓	✓					
Fatigue									✓	✓				
Sore mouth											✓	✓		
Constipation					✓	✓	✓							
Best days								✓	✓	✓		✓	✓	✓
Worst days					✓	✓	✓							

Please remember to bring this booklet with you to your next appointment

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**Record of how I felt**

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 2 of your chemotherapy

																					Side-effects as they happen to you

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**Record of how I felt**

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 1 of your chemotherapy

																					Side-effects as they happen to you

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## Record of how I felt <sup>9</sup>

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 4 of your chemotherapy

Side-effects as they  
happen to you


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## Record of how I felt <sup>5</sup>

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 3 of your chemotherapy

Side-effects as they  
happen to you


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## Record of how I felt

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 6 of your chemotherapy

Side-effects as they happen to you


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## Record of how I felt

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 5 of your chemotherapy

Side-effects as they happen to you


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**Record of how I felt**

Session number: ..... Starting date: .....

Fill in here the dates, starting with day 1 of session 7 of your chemotherapy

Side-effects as they happen to you											

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**Your own record of your blood results**

Date						Neutrophils
Hb						
WBC						
Plat.						
Neutrophils						

Date						Neutrophils
Hb						
WBC						
Plat.						
Neutrophils						

**Contacts**  
If you have any questions or concerns, please do not hesitate to call:

Chemotherapy suite: ..... 01923 844527  
(Mon - Fri 8am - 5pm) (outside these hours outpatients may call the wards below)

Marie Curie Ward: ..... 01923 844225  
(Mon 7.30am to - Fri 8pm)

Ward 10: ..... 01923 844205/844042  
(24hr cover 7 days a week)

Ward 11: ..... 01923 844215/844043  
(24hr cover 7 days a week)

Radiotherapy Reception: ..... 01923 844469 (Mon - Fri)

Pharmacy: ..... 01923 844443 (Mon - Fri)

Dietitian: ..... 01923 844144 (Mon - Fri) (answerphone)

Chart Lodge: ..... 01923 844131

Paul Strickland Scanner Centre: ..... 01923 844283

For additional support and information, call or drop in to the Lynda Jackson Macmillan Centre (next to Chemotherapy Suite) Details on the back of this leaflet

Mount Vernon main switchboard: ..... 01923 826111

This leaflet forms part of a series of publications produced by the Lynda Jackson Macmillan Centre (LJMC).

If you would like further information about any aspect of cancer and its treatments, please drop in to the centre or call the Helpline.

The LJMC is staffed by healthcare professionals and trained volunteers and is part of the Mount Vernon Cancer Centre.

- Drop-in centre for support and information
- Telephone Helpline
- Benefits Advice \*
- Pre-treatment visits
- Complementary therapies \*
- Relaxation classes
- Counselling \*
- Support groups
- Look Good...Feel Better™ beauty workshops

\* These services are available to patients under the care of an NHS oncologist based at Mount Vernon Cancer Centre.

Opening hours: Mon - Fri: 9.30am - 1.00pm & 2.00 - 4.30pm

Lynda Jackson Macmillan Centre

situated between the Cancer Centre and Gate 3 (White Hill)

Mount Vernon Hospital, Northwood, Middlesex HA6 2RN

Telephone Helpline: **01923 844014**

[www.ljmc.org](http://www.ljmc.org)

This leaflet has been written in collaboration with oncologists, health professionals, patients and carers at Mount Vernon Cancer Centre.

If you have difficulty reading this size of print, a version of this leaflet or any of our leaflets can be produced for you in a larger print.