

WHY KEEP A DIARY?

You are undergoing chemotherapy. This treatment may have **side effects** or you may suffer from other complaints as well. To **support** you with the best possible care and advice and, wherever possible, limit or prevent the impact of troubling symptoms, your care providers need to know exactly what your symptoms are.

It is not always possible to describe symptoms that were troubling you at **home** at a later stage to doctors or nursing staff, as their seriousness and nature may differ from day to day. Sometimes it is difficult to accurately remember the severity of complaints later on.

This diary is a tool that will help you **describe** the symptoms that are affecting you in as much detail as possible. You can record on a daily basis what was troubling you and how severe the symptoms were. This will enable your care providers to tailor their support to your requirements. If you do not manage to complete the diary every day, try doing it **as often as possible**. If you feel too ill or too tired to keep the diary for a few days, try to look back later and describe the severity of your symptoms at the time as accurately as possible.

PLEASE BRING YOUR DIARY WITH YOU WHENEVER YOU VISIT THE HOSPITAL FOR TREATMENT

If you have questions concerning this diary, your symptoms or how to manage them, please do not hesitate to discuss them with your care providers.

You can also keep a diary electronically via mynexuz (www.mynexuz.be).
Ask your nurse for the mynexuz information brochure. Only available in Dutch.

QUESTIONS FOR YOUR NEXT HOSPITAL APPOINTMENT

Do you have questions for your doctor, nurse, dietician, social worker or any other healthcare worker?
Is there anything you wish to discuss with them during your next appointment or hospital admission?
Do you need a prescription or a certificate? Write it down here.

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Information for patients

Diary of symptoms during treatment



ADRESSOGRAM



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