

KIDNEY CANCER

Side Effect Resource

REPORT ALL SIDE EFFECTS TO YOUR DOCTOR

Why is it important to discuss possible side effects with my doctor before starting treatment?

You need to know what to expect from your treatment so you can make the right decision for yourself. Any risk for side effects should be balanced with both the chance of success in treating your cancer and being able to live comfortably. Knowing what to expect can help lower anxiety if/when that side effect occurs. Important to remember before treatment:

- Have a detailed discussion with your healthcare provider, and ask for written materials
- Obtain a list of known side effects, how likely they are to happen, and how severe they could be



KEY TAKEAWAY Discuss possible side effects with your doctor prior to treatment and request written materials.

What should I do if I notice a side effect?

Report side effects as soon as you can - this is helpful, never silly, or an inconvenience. The sooner your healthcare team knows what is happening, the sooner they can help manage them. If you cannot reach your doctor and the side effect is severe, go to the emergency room. Keep on hand information about your diagnosis and medication to easily communicate with emergency room staff.



KEY TAKEAWAY Report ANY side effects as soon as possible to your doctor.

How often are cancer or side effects interfering with your daily life?	How often do you experience the symptom?		
	RARELY	SOME-TIMES	ALWAYS
Appetite, eating habits			
Confidence/self image			
Difficulty sleeping/insomnia			
Exercise/being active			
Health insurance or other financial worries			
Sexuality/intimacy			
Social relationships or relationships with loved ones			
Unable to do activities or hobbies I usually enjoy			
Work/home/school			

Questions to Ask Your Doctor

- What are the most common side effects I should expect with this medication? How likely are those to occur? How may you handle them if I experience them?
- What are the most worrisome side effects I should expect with this medication? Which side effects would signal an emergency? How likely are those to occur? How may you handle them if I experience them?
- What are my alternatives (changing medications, changing doses, etc) if I cannot deal with these side effects?
- What type of information would be helpful for you to know if I have a side effect? (this is the information you can write down, such as the timing of a symptom and how it feels) Is there anything I can do on my own to reduce the chances of a side effect occurring?
- Who can I call or email after hours, between visits, or in an emergency if I have questions along the way?
- Is there any instance where I shouldn't notify you of a possible problem?
- Will anyone be checking in on me periodically in-between visits, or is it my responsibility to notify you?
- If I begin to feel overwhelmed, do you have someone you recommend to talk to?
- If I develop a side effect that interferes with living my life daily, what are my options?

How to Track Your Symptoms

Use this chart to track your side effects and symptoms and guide your discussions with your healthcare team. However, everyone is unique so remember to note anything that is affecting your life or health, even if it isn't on this list.

	Symptoms	How often do you experience the symptom?			When did the symptom start and end?		Severity
		RARELY	SOME-TIMES	ALWAYS	START DATE	END DATE	1 (mild)–5 (extreme)
HEAD (BRAIN, HAIR) 	Chemo Brain (<i>memory loss and brain fog</i>)						
	Anxiety/Depression						
	Headaches						
	Fever						
	Hair changes/loss of color						
FACE (MOUTH, EYES) 	Vision changes						
	Loss of appetite						
	Change in taste						
	Hoarse voice						
	Mouth sores/sensitivity						
CHEST (HEART, LUNGS) 	Chest pain or tightness						
	Increased heart rate or blood pressure						
	Trouble breathing						
	Wheezing or coughing						
EXTREMITIES & SKIN 	Tingling, swelling, or weakness						
	Blisters on the palms of hands/soles of feet						
	Skin changes (<i>rash, redness, dryness, sensitivity</i>)						
	Muscle cramping						
	Pain in bones or muscles						
ABDOMEN (STOMACH, INTESTINES, BLADDER) 	Decreased urination						
	Leakage of urine						
	Blood in urine or feces						
	Constipation						
	Diarrhea						
	Indigestion						
ADDITIONAL SIDE EFFECTS 	Nausea and/or vomiting						
	Weight changes (<i>loss or gain</i>)						
	Fatigue						
	Sexual health issues						
	Unusual bleeding/clots						
	Wounds not healing						
	Blood sugar (high or low)						
Other:							