

# Immunotherapy Symptoms Assessment Tool

Immunotherapy is a breakthrough treatment for urologic cancers. It boosts the body's immune system to fight cancer. However, there may be symptoms and side effects that need attention and care.

- Most common symptoms can be managed with home care and over-the-counter medications.
- More serious or rare symptoms need care RIGHT AWAY, or signal that there's a problem with your immune system.

Use this checklist to track the symptoms you experience. Share this information with your medical team.

**Name:**

**Immunotherapy Type/Dose:**

**1st Day of Treatment:**

Symptom Report Timing	Date	Date	Date	Date	Date	Notes
<b>Physical symptoms that REQUIRE URGENT CARE</b> - Tell your doctor right away						
Fever of 100.4°F (38°C) or higher, chills						
Swelling of the face, lips, tongue or throat						
New or worsening cough, chest pain, wheezing, chest tightness or shortness of breath						
Diarrhea with severe abdominal pain, mucus or blood in stools (dark stool)						
Skin or the whites of eyes turn yellow						
Rapid heart rate, unusual headache, extreme weakness, dizziness or fainting, or vision changes						
One leg swollen more than the other (a symptom of deep vein thrombosis (DVT))						
<b>Physical symptoms that REQUIRE CARE within several days</b> - Tell your doctor as soon as you can						
Decreased appetite. Unable to eat or drink for 24 hours or have signs of dehydration: tired, dry mouth, decreased urine or dizziness						
Urine turns dark or brown (tea color)						
Skin rash with or without itching, skin blisters and/or peels						
Sores in the mouth						
Numbness or tingling in hands or feet						
Bleeding or bruising more easily than normal						
Vomiting (vomiting more than 4-5 times in a 24-hour period)						



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Symptom Report Timing	Date	Date	Date	Date	Date	Notes
<b>Emotional symptoms that REQUIRE CARE</b> - Tell your doctor as soon as you can						
Depression						
Anxiety						
"Brain Fog" or Forgetfulness						
Other:						
<b>Common symptoms you can manage at home</b> - Tell your doctor at your next appointment						
Feeling tired, fatigued						
Nausea						
Skin redness, itching						
Diarrhea						
Other:						

**Always inform your health care provider if you experience any unusual symptom.**

**Please also consider these helpful self-care tips:**

- Drink 10-12 cups of water every day.
- Wash your hands often, especially before eating.
- Use anti-nausea medications to help with nausea. Lozenges and chewing gum can also help.
- Try to eat a plant and protein rich diet. Limit sugary, salty, high fat and processed foods.
- Avoid alcohol.
- Exercise every day if you can.
- Try to get 8 or more hours of sleep per night. Nap if needed.
- Prevent sunburn (use SPF 30 sunblock).
- Tell your health care provider about all medications and herbal supplements before taking them.
- Use a soft toothbrush, and rinse your mouth with ½ to 1 teaspoon of baking soda and/or ½ to 1 teaspoon of salt mixed with 8 ounces of water if you have mouth sores.
- Ask your doctor how to manage any unwanted side effects that you experience.

**About the Urology Care Foundation**

The Urology Care Foundation is the world’s leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation’s website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

**Disclaimer:**

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or healthcare provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications. For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.



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