

# Temperature and Symptom Log

This document does not contain all of the possible side effects of CAR T cell therapy. Be sure to talk to your healthcare provider about any questions that you may have. Refer to the Prescribing Information, Medication Guide, and website for additional safety information for the specific CAR T cell therapy you're receiving.

**IMPORTANT:** The directions in this log **do not** replace medical guidance from your healthcare team. Remember to talk to your healthcare provider if you have any questions about your condition, treatment, or symptoms.

Keep your CAR T wallet card with you at all times and tell any healthcare providers you see that you have been treated with CAR T cell therapy.

# CONTACTS

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## Keep track of your healthcare team members and their contact information:

Date received CAR T cell therapy: \_\_\_\_\_

Oncologist name (for CAR T cell therapy): \_\_\_\_\_

Oncologist phone number: \_\_\_\_\_

Other: \_\_\_\_\_

Info: \_\_\_\_\_

Nurse's name: \_\_\_\_\_

Nurse's phone number: \_\_\_\_\_

## Other important contacts:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

## TEMPERATURE AND SYMPTOM LOG

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It is important to routinely monitor and record any symptoms you experience after receiving CAR T cell therapy because symptoms can help you and your healthcare team identify side effects of treatment.

Fever is one of the most common symptoms of cytokine release syndrome. It can also indicate an infection.

It's recommended that you check your temperature with an oral digital thermometer at least 3 times a day about 6 to 8 hours apart (ie, morning, afternoon, and evening before bed), or more often, if instructed by your healthcare provider, or if you feel unwell. Write your daily temperatures in this log and bring it with you to every doctor visit so your healthcare team can review it.

***Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.***

## OVER-THE-COUNTER (NONPRESCRIPTION) MEDICATIONS

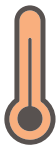
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**It is recommended to call your healthcare team before taking any over-the-counter medications.** This will help ensure that the medications are not masking a fever. Also, please write down any over-the-counter medications that you are taking for joint pain or headaches.

## FILLING OUT THE TEMPERATURE AND SYMPTOM LOG

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After you receive CAR T cell therapy, it is important that you keep track of the following:



### Temperature

(take at least 3 times per day, or as instructed by your healthcare provider)



### Symptoms

and time



### Medications

taken as advised, or prescribed, by your healthcare provider (prescription and over-the-counter), dose, and time



### Calls

to your healthcare team, time, and response

***Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.***

## WHAT SYMPTOMS TO WRITE DOWN

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People receiving CAR T cell therapy will often have other symptoms besides fever and headache. Refer to the quick reference guide on pages 7-10 to know what symptoms to monitor for and when to seek help. Write down any other symptoms you may have starting on page 13 of this log. Remember, anything that concerns you, concerns the healthcare team.

These are not all the possible side effects of CAR T cell therapy. Be sure to talk to your healthcare provider about any questions or concerns you have about side effects. You may report side effects to the Food and Drug Administration at 1-800-FDA-1088, or contact the manufacturer of the product that you are receiving.

***You may report any side effects to the Food and Drug Administration at 1-800-FDA-1088.***

**SYMPTOM QUICK REFERENCE GUIDE** Monitor for these symptoms and follow the instructions below.

## EMERGENCY SYMPTOMS

Call or ask your care partner to call **911** or get emergency help at the first sign of:

- Severe chest pain
- Difficulty catching your breath or trouble breathing
- Seizure or seizure-like activity
- Dramatic changes in level of consciousness—symptoms like not being able to wake up
- Symptoms of stroke—eg, weakness on one side of your body
- Severe vomiting or diarrhea
- Blurred vision
- Trouble speaking
- Any other situation that would warrant a call for emergency medical help

**CALL 911 IMMEDIATELY**

***AFTER CALLING 911:*** Call your healthcare team. When paramedics arrive, show them your CAR T wallet card that was given to you after receiving treatment.

## URGENT SYMPTOMS

Call or ask your care partner to call your healthcare team or get emergency help at the first sign of:

### Cytokine release syndrome (CRS)

- Fever of 100.4°F/38.0°C or higher
- Chills/shaking chills
- Fast or irregular heartbeat
- Drop in blood pressure—lightheadedness or dizziness
- Shortness of breath
- Headache
- Nausea
- Fatigue
- Confusion
- Cough
- Swelling
- Stomach pain

***AFTER CALLING 911:*** Call your healthcare team. When paramedics arrive, give them your CAR T wallet card that was provided to you by your healthcare team.



**SYMPTOM QUICK REFERENCE GUIDE** Monitor for these symptoms and follow the instructions below.

## URGENT SYMPTOMS

Call or ask your care partner to call your healthcare team or get emergency help at the first sign of:

### Neurologic symptoms (neurologic toxicity)

- Confusion, disorientation, not knowing where or who you are
- Difficulty speaking or finding words
- Decreased alertness, drowsiness, or difficulty waking up
- Suddenly becoming weaker or unsteady when walking
- Tremors (fine shaking of hands or feet)
- Headache
- Agitation
- Memory loss
- Personality changes
- Difficulty writing

***AFTER CALLING 911:*** Call your healthcare team. When paramedics arrive, give them your CAR T wallet card that was provided to you by your healthcare team.

## URGENT SYMPTOMS

Call or ask your care partner to call your healthcare team or get emergency help at the first sign of:

### Infection

- Fever of 100.4°F/38.0°C or higher
- Chills
- Sore throat
- Cough, or chest or sinus congestion
- Lower back pain, blood in the urine, or a burning sensation while urinating
- Abdominal pain, vomiting, or diarrhea/loose stools
- Sores or white patches in your mouth
- Being unable to eat or drink for 24 hours

***AFTER CALLING 911:*** Call your healthcare team. When paramedics arrive, give them your CAR T wallet card that was provided to you by your healthcare team.

## CAR T CELL THERAPY COMMON SIDE EFFECTS

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Side effects can occur after you receive CAR T cell therapy. Below are some of the most common side effects patients have experienced. These are not all the possible side effects of treatment. Be sure to talk to your healthcare provider about any questions or concerns you have about side effects.

- Fatigue
- Difficulty breathing
- Fever (100.4°F/38°C or higher)
- Chills/shaking chills
- Confusion
- Difficulty speaking or finding words
- Severe nausea, vomiting, diarrhea
- Headache
- Dizziness/lightheadedness
- Fast or irregular heartbeat
- Swelling
- Low white blood cells (can occur with a fever)
- Low red blood cells
- Severe muscle or joint pain
- Low blood pressure

## LOG EXAMPLE

Date: 5/23/20



### Temperature

(take at least 3 times per day, or as instructed by your healthcare provider)

Time: \_\_\_\_\_

8:30 am

Temperature: \_\_\_\_\_

98.3°F

No symptoms

Time: \_\_\_\_\_

2:30 pm

Temperature: \_\_\_\_\_

100.5°F

No symptoms

Time: \_\_\_\_\_

8:30 pm

Temperature: \_\_\_\_\_

99.7°F

No symptoms

Symptoms, medications, and calls: Mild fever - started in the afternoon, Muscle pain - 10:00 am,

Called nurse at 2:30 pm and was told to come in for monitoring.

Healthcare team called

**Print your name daily and review with your healthcare team.** Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.

Name: Jane Smith

**Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.**

Date: \_\_\_\_\_



**Temperature**

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Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

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No symptoms

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No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

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No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

Healthcare team called

**Print your name daily and review with your healthcare team.** Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.

Name: \_\_\_\_\_

***Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.***

Date: \_\_\_\_\_



**Temperature**

(take at least 3 times per day, or as instructed by your healthcare provider)

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

Healthcare team called

**Print your name daily and review with your healthcare team.** Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.

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**Temperature**

(take at least 3 times per day, or as instructed by your healthcare provider)

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

Healthcare team called

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No symptoms

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Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

Healthcare team called

**Print your name daily and review with your healthcare team.** Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.

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**Temperature**

(take at least 3 times per day, or as instructed by your healthcare provider)

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Time: \_\_\_\_\_

Temperature: \_\_\_\_\_

No symptoms

Symptoms, medications, and calls: \_\_\_\_\_

Healthcare team called

**Print your name daily and review with your healthcare team.** Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.

Name: \_\_\_\_\_

***Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.***

## MEDICATION LOG

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List the medications you're taking. This can help you keep track of doses and timing and can be useful in discussions with your care team.

**Medication**

**Dosage**

**Time**


**Notes and questions for healthcare team:**

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More support materials like this and other information  
are available at [ExploreCARTtherapy.com](https://www.exploreCARTtherapy.com).



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