

# Temperature Log

- Take your temperature at least 3 times per day and fill out the corresponding columns, or as instructed by your healthcare provider. **Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38°C or higher.**
- Routinely monitor and record your symptoms after receiving CAR T cell therapy because it can help you and your healthcare team identify treatment side effects.
- Write your name daily in the space below. 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.
- Bring this temperature log to all appointments and review with the healthcare team.
- There are other signs and symptoms that require emergency and/or urgent attention. Please refer to the medication guide for the product you've been prescribed for additional information. Contact your doctor about any symptoms that occur.

<b>Date:</b>	<i>5/23/20</i>																	
<b>Time:</b>	<i>8:30AM</i>	<i>2:30PM</i>	<i>8:30PM</i>															
105.0																		
104.0																		
103.0																		
102.0																		
101.0																		
100.0		<i>100.5</i>																
99.0			<i>99.7</i>															
98.0	<i>98.3</i>																	
97.0																		
96.0																		
	Symptoms			Symptoms			Symptoms			Symptoms			Symptoms			Symptoms		
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	<i>Mild Fever and Muscle Pains</i>																	
	Name:	<i>Jane Smith</i>		Name:		Name:		Name:		Name:		Name:		Name:		Name:		

If you have questions about specific side effects or how to appropriately document them, reach out to your healthcare team and/or refer to the *Temperature and Symptom Log*.

**IMPORTANT:** The directions in this temperature 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.

