

Who to call at the Hudson Regional Cancer Centre

For general questions, to change/cancel appointments: 705-728-9090 x43333

To get help with your symptoms:

Symptom Support Telephone Service



During the day:
Cancer Centre Symptom Support
705-728-9090 x79565



Evenings, weekends and holidays:
Bayshore CAREchart 1-877-681-3057

Please visit www.rvh.on.ca for the latest information and hours of operation.

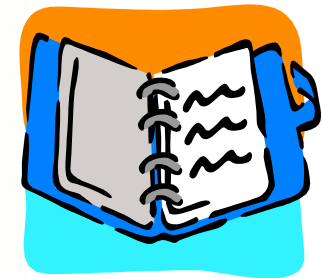
Hudson Regional Cancer Centre
201 Georgian Drive
Barrie, ON L4M 6M2
Phone: 705-728-9090 x43333
www.rvh.on.ca

Last Updated July 2021

My Health Diary

For patients undergoing cancer treatment

Track your symptoms, bloodwork, lab results and medications.



Please bring this each time you visit the Cancer Centre. Show your Care Team this book.




This diary can track 4 weeks of information. Get more copies at www.rvh.on.ca, or in the Cancer Centre waiting areas.

Hudson Regional
Cancer Program
North Simcoe Muskoka



Royal Victoria
Regional Health Centre

Date: _____ Chemo cycle number: _____




If you have:	Describe the sign and symptom
Pain	Rate from 0 to 10 0 = no pain to 10 = worst pain you've ever had
Tiredness	Rate from 0 to 10 0 = not tired at all to 10 = worst tiredness you've had
Sleep	Write NO on the days you did not sleep at night.
Nausea	Rate from 0 to 10 0 = not nauseous at all to 10 = worst nausea you've had
Vomiting	Write the number of times you vomited that day.
Loss of appetite	Rate from 0 to 10 0 = normal (good appetite) to 10 = no appetite at all
Diarrhea	Write the number of times you had a bowel movement (poo) that day.
Constipation	Write NO on the days you did not have a bowel movement (poo).
Temperature	If temperature above 38.3°C (or 100.9°F) OR Above 38.0°C or 100.4°F for at least one hour. GO TO NEAREST EMERGENCY. BRING FEVER CARD.
Numbness (feet/hands)	Write YES on the days you have numbness in your feet/hands.
Skin/nail problems	Write YES on the days you have skin or nail changes.
Sore throat/mouth	Write YES on the days you have a sore throat/mouth.
Emotional Well being	Use    or a 0-10 scale to rate your well-being.

Need help with your symptoms?

Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	
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How often?	

Flip over to continue...

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Need help with your symptoms?

Vitamins, supplements and natural remedies

Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	
Medicine name:	
What is it for?	
How much do I take?	
How often?	

Are you thinking of or taking vitamins, supplements and natural remedies but are not sure if it's safe to take with your cancer drugs?

Talk to your nurse or doctor. Dietitians at the Hudson Regional Cancer Centre are also here to help! Call 705-728-9090 x43520 for an appointment.



