



# Peripheral neuropathy

Know it when you start to feel it

**Symptom tracker for patients**

Understanding the potential signs and symptoms of peripheral neuropathy during your anticancer treatment



ONCOLOGY



# How to use this tracker

Below is an example of how to use the tracker. If you have any questions, ask your nurse or doctor.

	Date 02.01.2019	Date 28.01.2019	Date 17.02.2019
Changes in feeling	<input checked="" type="checkbox"/> Tingling <input type="checkbox"/> Burning <input type="checkbox"/> Numbness <input type="checkbox"/> Weakness <input type="checkbox"/> Loss of feeling	<input type="checkbox"/> Tingling <input type="checkbox"/> Burning <input checked="" type="checkbox"/> Numbness <input type="checkbox"/> Weakness <input type="checkbox"/> Loss of feeling	<input checked="" type="checkbox"/> Tingling <input type="checkbox"/> Burning <input type="checkbox"/> Numbness <input type="checkbox"/> Weakness <input type="checkbox"/> Loss of feeling
Where?	Left hand	Both hands	Left hand
Rank intensity of pain or discomfort from 1–10 (1 being not at all intense, 10 being excruciating)	2	4	1
List any specific difficulties	No real difficulties	Difficulty using mobile phone and doing up buttons	No real difficulties
Write down anything else you think is important to tell your doctor (you can also include any other side effects)	Tingling is only very short in duration  Also experiencing constipation	Tingling feels considerably worse and more constant	Tingling feels like it's improving

Examples given are hypothetical to help you fill out your tracker.

**Remember: Tell your nurse or doctor about any new symptoms or other side effects as early as possible. This includes any possible side effects not listed in the package leaflet that comes with your medicine(s).**

**UK:** You can report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>

**Ireland:** You can report side effects to the Pharmacovigilance Unit at the Health Products Regulatory Authority ([medsafety@hpra.ie](mailto:medsafety@hpra.ie)). Information about Adverse Event reporting can be found on the HPRA website ([www.hpra.ie](http://www.hpra.ie))

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