

A Self-Monitoring Guide for Patients Receiving Immune Checkpoint Inhibitors (CPIs)

A Self-Monitoring Guide for Patients Receiving Immune Checkpoint Inhibitors (CPIs)

What are the possible side effects and how can you watch for these?

- The chart below lists some of the possible side effects that you may have during or after treatment.
- You may use the following questions to help guide you in monitoring these possible side effects.
 - › Ask yourself these questions every day.
 - › Or, you can have a family member or caregiver ask you the questions.
 - › If the answer to any of these questions is “YES”, contact your Cancer Care Team.
- Your health care team should have provided you information about whom to contact if you have any questions about side effects, including after normal office hours.
- Please refer to your “Orange Alert Card “about symptoms that would require you to go to the Emergency Department.

Side Effect	Yes/No
Fever	
Chills or shaking	
Skin	
Are you having any redness, pain, or swelling at the infusion site?	
Do you have itchiness?	
Is your skin peeling?	
Do you have painful blisters on your body or inside your mouth?	

**What are your questions? Please ask.
We are here to help you.**

Side Effect	Yes/No
Digestive System, also called the GI System	
Are you having any new nausea or vomiting?	
Do you have any new abdominal pain or tenderness?	
Are you having any new diarrhea or an increase in bowel movements?	
Have your bowel movements changed colour? (for example - bloody, with mucus, dark or tarry)	
Lungs	
Are you having new or worsening shortness of breath or chest pain?	
Do you have a worsening cough?	
Liver	
Are your eyes yellowing?	
Do you have new right-sided abdominal pain?	
Do you bleed or bruise more easily?	
Kidneys	
Have you had a decrease in urine output or a change in the colour of your urine?	
Hormone Changes	
Are you feeling hungrier or thirstier than usual?	
Has your weight changed?	
Are you feeling a lot more tired than usual?	
Are you feeling colder or warmer than usual?	
Have you noticed any unusual headaches, dizziness, or fainting?	
Are you constipated?	
Have you or your family noticed any changes in your mood or behaviour?	

This information does not take the place of the care and advice of your care team. Talk to your care team about your questions and concerns.

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health Authority
www.nshealth.ca

*Prepared by: Nova Scotia Cancer Care Program
Approved by: NSCCP Patient Education Committee
Designed by: Nova Scotia Cancer Care Program Staff*

The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.

NSCCP-1673 Updated July 2018 ©Nova Scotia Health Authority