Lynparza

olaparib

Tablets
(150mg, 100mg)

PATIENT BOOKLET

For Healthcare Professionals to give to women who have been prescribed Lynparza tablets as maintenance treatment for advanced ovarian cancer.[1,2]

Guidance is not intended to replace the patient information leaflet provided in the pack. For further information, please consult the Packet Leaflet: Information for the Patient that accompanied your prescribed Lynparza tablets medication.

This booklet has been produced and funded by AstraZeneca and MSD.

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MSD AstraZeneca

Hello

You will have been given this booklet after a conversation with your cancer care team.

It has been written to help you understand why you have been prescribed Lynparza tablets for advanced ovarian cancer and what to expect throughout your treatment.

This booklet will cover the following areas:

- Why have I been prescribed Lynparza tablets?
- What does having a BRCA mutation or HRD-positive advanced ovarian cancer mean for patients?
- About Lynparza
- How to take your tablets
- Side effects and their management
- Support available to you

This booklet is not intended to replace the Patient Information Leaflet, which should be read carefully as it contains other important details about your medicine.

Why have I been prescribed Lynparza tablets?

Because you have either:

- Been diagnosed with a form of ovarian cancer with a specific genetic variation which has responded to a first set of treatment with chemotherapy and bevacizumab. You may continue to be treated with bevacizumab in combination with Lynparza[1]
- Been diagnosed with a form of ovarian cancer with a specific genetic variation that has responded to the first treatment with standard platinum-based chemotherapy[1]
- An ovarian cancer that has returned (recurred) which has responded to previous treatment with platinum-based chemotherapy[1]

About Lynparza

Lynparza is a medicine given to patients with certain forms of advanced ovarian cancer. You can only take this treatment after you have received platinum-based chemotherapy.[2]

Lynparza may help to kill cancer cells and help delay the growth of cancer cells in two different situations:

- In women whose cancers have certain genetic variations OR
- In those women in whom the cancer has come back (recurred)[2]

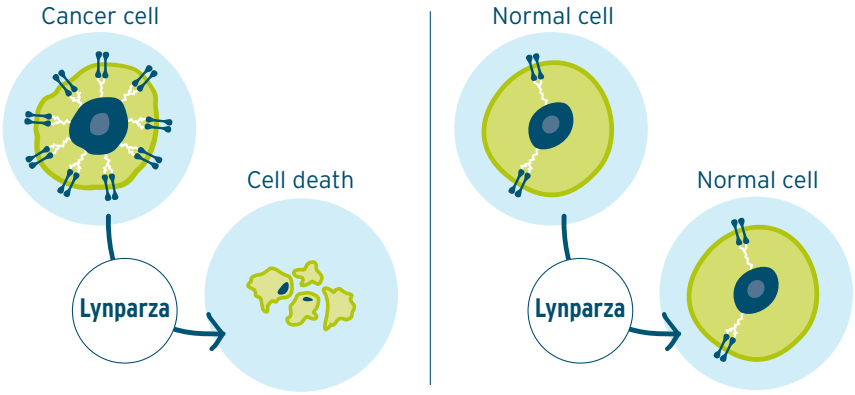
How Lynparza works against cancer cells

Lynparza contains the active substance olaparib, which is a type of cancer medicine called a PARP inhibitor (poly [adenosine diphosphate-ribose] polymerase inhibitor).[1]

PARP inhibitors can destroy cancer cells that are not good at repairing DNA damage. These specific cancer cells can be identified by:

- How they respond to platinum chemotherapy[1,2]
- Looking to see if these cells carry faulty DNA repair processes, such those that are HRD-positive or if they have a mutated BRCA gene[1,2]

Normal (non-cancer) cells are not expected to be affected in the same way by your treatment.[2]



What does having a BRCA mutation or HRD-positive advanced ovarian cancer mean for patients?

Cells in the human body contain genetic information in the form of genes. Genes are made up of DNA which contains the 'instructions' a cell needs to function and survive.[3]

Genes can pick up 'mistakes' that happen when our cells divide. Most of the time these day-to-day 'mistakes' can be repaired by the cell, but sometimes these errors can lead to cells becoming cancerous.[3]

Homologous recombination deficiency (HRD) describes a situation where errors in the DNA cannot be repaired correctly.[4]

- Variations in genes called *BRCA1* or *BRCA2* are one of the causes of HRD, but HRD can also be result from other gene variations as well as other causes[5]
- Your doctor will have explained to you the need to take a test to find out if you have a genetic variation causing HRD / BRCA mutations. Based on this test and a discussion, you have been prescribed Lynparza[2]
- Genetic counselling may be available to provide support and information after HRD or BRCA testing. If you have any more questions on what having HRD or a BRCA mutations means, please get in touch with your healthcare team

For HRD-positive patients

For women with newly diagnosed advanced ovarian cancer, being HRD-positive means that you may be prescribed Lynparza in combination with bevacizumab treatment.[1,2]

For BRCA mutated patients

For women with newly diagnosed advanced ovarian cancer, having a BRCA mutation means that you may be prescribed Lynparza by itself OR in combination with bevacizumab treatment.[1,2]

What if I have advanced ovarian cancer and don't have HRD or a BRCA mutation?

If your ovarian cancer has come back, and you have received benefit from your platinum-based chemotherapy, you may be prescribed Lynparza even if you are not HRD-positive or do not have a BRCA mutation.

How to take your tablets

Lynparza tablets are an oral medication that should be taken as two tablets, twice a day.[2]

Your treatment comes as oral tablets, meaning you can take your treatment wherever you go.[2]

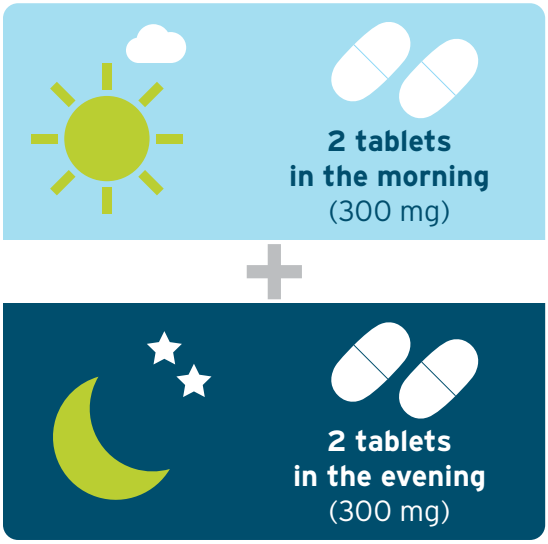
It is important that you take the total recommended dose each day.[2]

Your doctor may prescribe a different dose in some circumstances.[1,2]

Lynparza monotherapy[2]

The usual recommended dose is 300mg (2 x 150mg tablets) twice a day – a total of 4 tablets each day. Keep taking your medication until your doctor tells you otherwise.[1,2]

Your doctor may prescribe a different dose in some circumstances.[1,2]

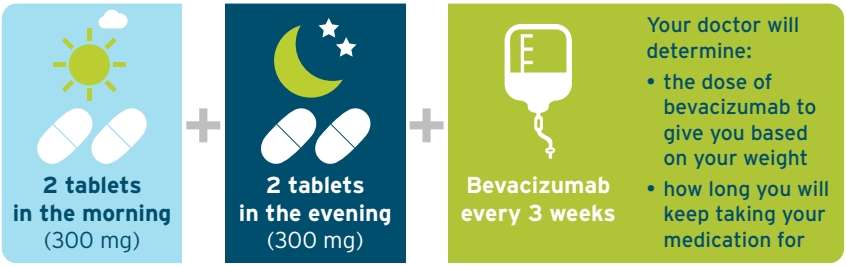


Take doses 12 hours apart with or without food.
Images do not represent the actual size of the tablets.

You will be told how long to continue your treatment by your doctor.

Lynparza + bevacizumab[1,2]

If bevacizumab is used in combination with Lynparza, your doctor will give you an infusion of bevacizumab into a vein every 3 weeks for up to 15 months.[2] Bevacizumab is different type of anti-cancer therapy. Keep taking your medication until your doctor tells you otherwise.[2]



Take doses 12 hours apart with or without food. Images do not represent the actual size of the tablets.

Your doctor may prescribe a different dose in some circumstances.[1,2]

It is important that you take your tablets exactly as discussed with your doctor:

Swallow your tablets whole with or without food. However, it is important not to eat or drink foods containing grapefruit juice while taking Lynparza tablets, as this may affect how your medicine works.[1,2]

Do not chew, crush, dissolve or divide the tablets as this may affect how quickly your medicine is taken up by your body.[1,2]

Each treatment plan is unique and any questions you might have should be discussed with your doctor.

Your doctor may prescribe a different dose for you if you have problems with your kidneys.[1]

If your doctor prescribes you a lower dose, you may have to take fewer tablets each day or your treatment may be stopped or shortened. Your lowered dose may involve a 100mg tablet, and/or you may have to take fewer tablets each day.[2]

If you experience any side effects, you must not modify your treatment without consulting your doctor, nurse or pharmacist first.

How do I store my tablets?

- This medicine does not require any special temperature storage
- It should be stored in the original packet to protect from moisture
- Do not throw away any medicines via wastewater or household waste, your pharmacist can dispose of any medicines you no longer use
- Keep this medicine out of the sight and reach of children
- Do not use this medicine after the expiry date stated on the carton and the blister after EXP (which refers to the last day of that month).[1]

Before you take your tablets

✓ Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines (including those obtained without a prescription and herbal medicines)[1]

✓ If you are having sex, you should have a pregnancy test before starting your medicine, regularly during treatment and 6 months after the last dose. If you become pregnant, talk to your doctor straight away[1]

Do not take Lynparza tablets:[1,2]

✘ If you are allergic to olaparib or any other ingredients of this medicine

✘ If you are breast-feeding (do not start breast-feeding until 1 month after you stop taking your tablets)

✘ If you are pregnant or might become pregnant. If you are having sex, use 2 effective methods of contraception before starting, while taking, and for 6 months after the last dose of Lynparza tablets. Tell your doctor if you are using hormonal contraceptive

Check the patient information leaflet for more information.[1]

Warnings and precautions[1]

Talk to your doctor, pharmacist or nurse before or during treatment with Lynparza if you think any of the following apply to you:

- If you have low blood cell counts on testing. These may be low counts for red or white blood cells, or low platelet counts. Signs and symptoms you need to look out for include fever or infection, bruising or bleeding.
- If you experience any new or worsening symptoms of shortness of breath, coughing or wheezing.
- If you experience any new or worsening symptoms of pain or swelling in an extremity, shortness of breath, chest pain, breathing that is more rapid than normal or heart beats faster than normal.

Possible side effects[1,2]

Tell your doctor straight away if you notice any of the following:

Very common (may affect more than 1 in 10 people):

- Feeling short of breath, feeling very tired, pale skin or fast heart beat – these may be symptoms of a decrease in the number of red blood cells (anaemia)

Uncommon (may affect up to 1 in 100 people):

- Allergic reactions (e.g. hives, difficulty breathing or swallowing, dizziness which are signs and symptoms of hypersensitivity reactions)
- Itchy rash or swollen, reddened skin (dermatitis)
- Serious problems with bone marrow (myelodysplastic syndrome or acute myeloid leukaemia)

What tests and checks will be needed whilst taking your tablets?

Your doctor will check your blood before and during treatment with Lynparza. Your blood will be tested:[1]

- Before treatment
- Every month in the first year of treatment
- At regular intervals decided by your doctor after the first year of treatment

In the event that your blood count falls too low, a blood transfusion may be needed (this is where you receive blood or blood-based products from a donor)[1]

Lynparza tablets side effects and their management

Although some patients may need to stop taking their tablets due to side effects, these are usually manageable with appropriate advice from your cancer care team.[1,2]

Very common (affects more than 1 in 10 patients) side effects include:[1,2]

Feeling sick (nausea)

Being sick (vomiting)

Diarrhoea – if it gets severe, tell your doctor, pharmacist or nurse straight away

Indigestion or heartburn (dyspepsia)

Feeling tired or weak (fatigue)

Headache

Changes in taste of foods (dysgeusia)

Loss of appetite

Feeling dizzy

Cough

Shortness of breath (dyspnoea).

Very common side effects that may show up in blood tests[1,2]

- Low white blood cell count (leukopenia or neutropenia) which may decrease your ability to fight infection and may be associated with fever

Common (may affect up to 1 in 10 people)[1,2]

- Rash
- Sore mouth (stomatitis)
- Pain in the stomach area under the ribs (upper abdominal pain)
- Blood clot in a deep vein, usually in the leg (venous thrombosis) that may cause symptoms such as pain or swelling of the legs, or a clot in the lungs (pulmonary embolism) that may cause symptoms such as shortness of breath, chest pain, breathing that is more rapid than normal or heart beats faster than normal

Common side effects that may show up in blood tests[1,2]

- Low white blood cell count (lymphopenia) which may decrease your ability to fight infection and may be associated with fever
- Decrease in the number of platelets in blood (thrombocytopenia) - you may notice the following symptoms
  - Bruising or bleeding for longer than usual if you hurt yourself
- Increase in blood creatinine - this test is used to check how your kidneys are working

Uncommon side effects that may show up in blood tests[1,2]

- Increase in the size of red blood cells (not associated with any symptoms)

Rare (may affect up to 1 in 1,000 people)[1,2]

- Facial swelling (angioedema)
- Painful inflammation of the fatty tissue under the skin (erythema nodosum)

Lynparza may also influence your ability to drive and use machines. If you feel dizzy, weak or tired while taking your medicine, do not drive or use tools or machines.[2]

Tips on how to manage some of these side effects are included on the following page of this booklet. Please note, this advice is for general management of these side effects and is not specific to Lynparza treatment. Should you have difficulty or experience any other severe symptoms you should contact your cancer care team.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the packet leaflet. You can also report side effects directly via the Yellow Card Scheme at: https://yellowcard.mhra.gov.uk/. By reporting side effects, you can help provide more information on the safety of this medicine. Side effects can also be reported to AstraZeneca by visiting: https://contactazmedical.astrazeneca.com.

Advice for management of side effects

Feeling sick (nausea) and vomiting[6-9]

- Eat smaller meals more frequently
- Eat plain foods, with a balance of:
  - Protein (e.g. plain yoghurt or plain chicken)
  - Fruits and vegetables (e.g. Potatoes, Canned or fresh fruits)
  - Carbohydrates (e.g. crackers, plain noodles, white rice, boiled potatoes, toast)
- Take ginger (e.g. as a tea)
- Avoid fried foods
- Drink water to keep hydrated, or try drinking clear, sweet liquids, like fizzy drinks or fruit juice (except orange or grapefruit juice, which may irritate your stomach)
- Try having drinks between meals rather than with your food

If your symptoms persist, contact your cancer care team

Diarrhoea[10,11]

- Things to eat:
  - Small, frequent meals made from light foods, e.g. white bread, pasta or rice, white fish, poultry, and well-cooked eggs
- Drink plenty of fluids – it is very important to stay hydrated. As well as water, you could try clear soups, non fizzy drinks, soy-milk or herbal teas. Avoid alcoholic drinks, and drinks with caffeine because they make you lose fluid, rather than replace it.
- Things to avoid: alcohol, live yoghurt, greasy or spicy foods, caffeine and raw fruits or vegetables

If your symptoms persist for more than 12 hours, despite following the advice you have been given, you should contact your cancer care team

Loss of appetite[7]

- Eat smaller meals more frequently
- Sip nourishing drinks throughout the day

Anaemia[12]

- Anaemia is a condition when you don't have enough healthy red blood cells. This means your blood has lower than normal hemoglobin (Hgb) levels
- Some of the symptoms of anaemia are breathlessness/difficulty catching your breath even when resting, pale skin, having a fast heart beat and feeling very tired. If you notice any of these symptoms, you should tell your doctor straight away

If you are diagnosed with anaemia, your cancer care team will advise you on how to manage this.

Unusual levels of tiredness (fatigue)[13]

- Spread activities throughout the week
- Plan important activities for times when you have the most energy
- Prioritise what you need to do on a given day, and space out active periods with more restful ones
- Short naps and rest can help, but try to balance them with some activity or exercise
- Ask others for help with everyday tasks such as shopping, cooking or cleaning
- Eat a balanced diet and drink plenty of water
- Take light exercise, such as a short walk
- Do not drive or operate machinery while fatigued

If your symptoms persist, contact your cancer care team

Frequently asked questions

What should I do if I forget to take my dose?

- If you forget to take your tablets, take your next normal dose at its scheduled time
- Do not take two doses at the same time.[1]

What should I do if I take more than my prescribed dose?

- Contact your cancer care team or nearest hospital straight away.

Can I take other medicines/supplements while I am taking Lynparza tablets?

- Tell your cancer care team about any other medicines/supplements you are taking or plan to take, including prescribed medicines and those without a prescription
- Taking more than one medicine at the same time can strengthen or decrease the effect of other medicines
- Please refer to the patient information leaflet for more detailed information on taking other medications with Lynparza tablets.[1]

Are there any foods/drinks I can't have while I am taking Lynparza tablets?

- You should not drink grapefruit juice while on this treatment. This is because it can affect how the medicine works.[1]

For further information, please consult the Packet Leaflet: Information for the Patient that accompanied your prescribed Lynparza tablets medication.

Coping with cancer

Dealing with ovarian cancer can be difficult. For this reason, it is important that you have a strong support network around you to help you cope with your diagnosis. You may find it difficult to talk to family and friends, but they will want to be there to support you. You may also find it helpful to visit a local support centre; these give you the opportunity to talk to someone outside your family and friends and can also provide you with practical and financial advice.

Support groups

Your cancer team is your best source of information about your treatment. In addition, the following charities/support groups offer telephone support, face to face or email support groups, patient hubs, leaflets and resources:

Ovacome

0800 008 7054
(support line)
0207 299 6654
(general enquiries)
ovacome.org.uk

ovacome..
The ovarian cancer support charity

Target Ovarian Cancer

020 7923 5475
(nurse-led
support line)
0207 923 5470
(general enquiries)
targetovariancancer.org.uk

TARGET OVARIAN CANCER

The Eve Appeal

0808 802 0019 (nurse-led support line)
020 7605 0100 (general enquiries)
eveappeal.org.uk

the eve appeal

Ovarian Cancer Action

0207 380 1730
ovarian.org.uk
(Informative videos and peer support group)

ovarian cancer action

Cancer Research UK

0808 800 4040 (nurse-led helpline)
cancerchat.org.uk

Patient information:
cruk.org/about-cancer

CANCER RESEARCH UK

These organisations are independent patient support groups and AstraZeneca and MSD are not responsible for the content of their websites. The organisations have not been involved in the development of this item.

References

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11. Bladder and bowel problems. https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/bladder-and-bowel-problems. Last accessed October, 2023.
12. Low Red Blood Cell Counts (Anemia). https://www.cancer.org/cancer/managing-cancer/side-effects/low-blood-counts/anemia.html. Last accessed October, 2023.
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Your Lynparza diary

This diary can be used to keep a record of your experience with Lynparza during the treatment process.

Please bring your diary to every meeting you have with a member of your cancer care team. Please see the instructions below to learn how to use your Lynparza diary. It will help you keep track of how you are feeling.

Your symptoms	Feeling sick	Being sick	Diarrhoea	Indigestion or heartburn	Feeling tired or weak
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tues	1 **(2)** 3 4 5	1		1 2 3 4 5	1 2 3 4 5
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thu	1 **(2)** 3 4 5	1 2 3 4 5	**(1)** 2 3 4 5	1 **(2)** 3 4 5	1 2 3 4 5
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sun	1			1 2 3 4 5	1 2 3 4 5

Circle a number to tell us how your symptoms are today

Write about how you have felt this week or anything you wish to tell your healthcare team

Notes

I'm feeling a little better this week. Most symptoms have eased off slightly, so I was able to get out and about a little more. I had enough energy to go out and meet friends for a coffee, which I've really missed doing. I did have some pain in my stomach area which is new. Maybe it was from the extra activity. I will make sure I tell my nurse about it

Keeping track of your symptoms is a really important part of your treatment plan. It gives your healthcare team a good idea of how you are doing, and if there is anything else they can do to help you. It also shows you how things are going. If you experience any of the side effects listed, or any other side effects that you are concerned about, contact your healthcare team. This includes any possible side effects not listed in the patient information leaflet.

Headache	Loss of appetite	Feeling dizzy	Cough	Other symptoms	No symptoms
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			✓
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			
(1) 2 3 4 5	1 2 3 4 5	1 2 3 4 5	(1) 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3			
1 2 3 4 5	1 2 3 4 5	1 2 3			✓
1 2 3 4 5	(1) 2 3 4 5	1 2 3 4 5	1 2 3 4 5	Stomach pain	
1 2 3 4 5	1 2 3 4 5				✓

Celebrate a day without any symptoms with a tick in this box

Write any other symptoms here

Tick the box about how you are feeling this week compared with last week

Use this scale to rate how much your symptoms affect you:

1. Noticeable
2. Mild
3. Moderate
4. Severe
5. Very severe

Do you feel better or worse than last week?

Better	Worse
✓	

Your Lynparza diary

Week beginning...../...../.....

Your symptoms	Feeling sick	Being sick	Diarrhoea	Indigestion or heartburn	Feeling tired or weak
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tues	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Notes

Be aware

Use the number scale to record how your symptoms are each day. This will be helpful to show your healthcare team so they know how you are getting on and how your symptoms change over time. Make sure you tell your healthcare team if you experience anything new.

Headache	Loss of appetite	Feeling dizzy	Cough	Other symptoms	No symptoms
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		

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Better	Worse

Your Lynparza diary

Week beginning...../...../.....

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Tues	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		

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Do you feel better or worse than last week?

Better	Worse

Your Lynparza diary

Week beginning...../...../.....

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Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tues	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Notes

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1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		

Use this scale to rate how much your symptoms affect you:

1. Noticeable
2. Mild
3. Moderate
4. Severe
5. Very severe

Do you feel better or worse than last week?

Better	Worse

Your Lynparza diary

Week beginning...../...../.....

Your symptoms	Feeling sick	Being sick	Diarrhoea	Indigestion or heartburn	Feeling tired or weak
Mon	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Tues	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Wed	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Thu	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Fri	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sat	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Sun	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Notes

Be aware

Use the number scale to record how your symptoms are each day. This will be helpful to show your healthcare team so they know how you are getting on and how your symptoms change over time. Make sure you tell your healthcare team if you experience anything new.

Headache	Loss of appetite	Feeling dizzy	Cough	Other symptoms	No symptoms
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5		

Use this scale to rate how much your symptoms affect you:

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2. Mild
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Do you feel better or worse than last week?

Better	Worse

MSD
AstraZeneca