



Toxicity Grading Sheet

Please grade your toxicities using this sheet, so we can assess how you tolerated your last treatment and if we need to make any alterations to your next treatment prescription.

Toxicity	Grade 0	Grade 1 Mild	Grade 2 Moderate	Grade 3 or more Severe
Nausea (feeling sick)	No problems	Feeling sick but able to eat almost as normal	Unable to eat normal amount but no significant weight loss	Eating and drinking almost nothing. Weight loss noticeable
Vomiting	No problems	1 episode in 24 hours	2 - 5 episodes in 24 hours	6 or more episodes in 24 hours or need for parenteral rehydration
Diarrhoea	No problems	More than 3 episodes of diarrhoea per day over normal (or Mild increase in ostomy output)	More than 4 - 6 episodes of diarrhoea per day over normal (or moderate increase in ostomy output)	More than 7 episodes of diarrhoea per day over normal making you feel unwell (or severe increase in ostomy output)
Constipation	No problems	Mild –occasional use of laxatives and or diet change	Moderate – have not had any bowel movement for 2 - 3 days over what is normal for you	Severe– Causing discomfort. Have not had any bowel movement for 3 - 4 days over what is normal for you
Mouth soreness	No problems	Mild discomfort. Able to eat and drink	Painful mouth restricting ability to eat and drink much for more than a day	Painful mouth. Eating and drinking very little as a result
Skin Rash on face or body or Hand and foot syndrome	No problems	Minimal. Rash or redness, may have mild irritation	Skin very itchy, and/ or have peeling, blisters or cracking present	Extensive ulceration, blistering, severe pain
Altered sensation in hands / feet (Peripheral Neuropathy)	No problems	Mild tingling or numbness in fingers, toes, soles of feet lasting only a few days	Tingling or numbness or loss of sensation in your fingers, toes or soles of feet lasting for a few days up to 10 days Tripping or dropping things. If this has happened in previous treatment cycles - is it worse?	Tingling or numbness in fingers, toes, soles of feet that is there all the time
Fatigue (tiredness)	No problems	Mild fatigue – but still able to carry out most normal activities with rest between	Moderate fatigue lasting less than a week reducing ability to carry out a lot of activities	Severe fatigue unable to carry out most normal activities

Any comments?