

# Carcinoid Syndrome Symptom Tracker

Monitoring your symptoms and how you are feeling can help both you and your health care team better manage your NETS and carcinoid syndrome. You can use this symptom tracker to make your visits to your doctor more productive.

Fill in the boxes below with the medications you are taking, symptoms of carcinoid syndrome you experience, frequency of symptoms and changes to your health since your last visit with your doctor.

*List the medications you are currently taking, including over-the-counter medicines.*

Medication	How often taken	Notes on medication

*Check the boxes below to share the symptoms you may be experiencing and how often they occur.*

SYMPTOM	Notes on symptom	Affects me daily	Experience symptom frequently or occasionally (fill in frequency)	Doesn't Effect Me
Flushing				
Diarrhea				
Stomach Cramping				
Nausea / Vomiting				
Difficulty Breathing				
Headache				
Joint Pain				
Fatigue				
Depression / Anxiety				
Others (specify)				

*List any other changes in your health or lifestyle since your last visit with your doctor.*
