

Post-transplant GvHD symptom tracker



Each month, download a new symptom tracker and keep it somewhere easily accessible—either digitally or as a printed copy—to help you monitor and record any symptoms you experience.

This tracker is designed to help you **recognize possible signs and symptoms of GvHD early** and share them with your healthcare team. Keeping a simple record over time can help you and your healthcare team spot any **patterns or changes in your symptoms**. Sharing this information helps your team understand how you are feeling and allows them to better support you and tailor your care to your needs.

Each week, rate any symptom you experience on a scale of 1 to 5

1

Noticeable, but did not affect your daily activities

2

Caused a small amount of difficulty with your daily activities

3

Affected some daily activities, but you could still do most things

4

Significantly affected your daily activities

5

Severe enough to prevent your daily activities

If you did not experience a symptom, please leave that row blank.

You may also use the **notes section** to describe any additional symptoms, concerns, or observations related to that area of the body.

Name:

Month: Year:

 Skin, hair, nails	Week 1	Week 2	Week 3	Week 4	Week 5	Notes Consider noting any changes in how often you use eye drops.
Itchy, dry, or tight skin						
Rash						
Changes in skin pigmentation						
Skin texture changes (e.g. thickening or hardening)						
New or unexpected hair loss or thinning						
Nail changes (e.g. weakness)						

 Eyes	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Dry eyes						
Teary eyes						
Red or bloodshot eyes						
Blurred vision						
Persistent irritation						

 Mouth	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Difficulty opening your mouth						
Sensitivity to hot, cold, spicy, or acidic foods/drinks						
Sores, pain, or irritation						
Dry mouth or chapped lips						

 Liver	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Yellow skin or eyes (jaundice)						
Dark urine						

 Joints and muscles	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Joint stiffness						
Muscle weakness						
Muscle cramps, pain, or stiffness						

 Lungs	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Persistent cough						
Shortness of breath or difficulty breathing						
Wheezing						

 Genitals	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Pain, irritation, or dryness						
Rash						
Discomfort during sex						

 Digestive system	Week 1	Week 2	Week 3	Week 4	Week 5	Notes
Nausea or vomiting						
Diarrhea or constipation						
Stomach pain or cramping						
Bloating						
Appetite changes						
Unplanned weight loss						
Blood in the stool						



If you experience any of these symptoms, or notice any worsening of your existing symptoms, it is recommended that you contact your healthcare team. They can assess whether you may have GvHD and advise on the most appropriate treatment plan.

Notes