

The CAR T Cell Therapy Symptom Guide

It is important to be aware of symptoms you may experience after receiving CAR T cell therapy because symptoms can help you and your healthcare team identify and manage side effects of treatment.

Please note that there are different CAR T treatment options, and each may have different side effects, including the types of side effects, when they occur, and their severity. Therefore, you should discuss these effects with your doctor when choosing which CAR T cell therapy option is right for you.

While you may develop symptoms and experience side effects from treatment with CAR T cell therapy, your healthcare team has received specialized training to manage these.



Monitor for these symptoms and contact a provider for help with management of:

Most Common Symptoms/Side Effects

Talk to your healthcare provider about any questions or concerns you have about side effects.

- Fatigue
- Difficulty breathing
- Fever (100.4°F/38°C or higher)
- Chills/shaking chills
- Confusion
- Difficulty speaking or slurred speech
- Severe nausea, vomiting, diarrhea
- Headache
- Dizziness/lightheadedness
- Fast or irregular heartbeat
- Swelling
- Low white blood cells (can occur with a fever)
- Low red blood cells
- Severe muscle or joint pain
- Low blood pressure

Urgent Symptoms of Serious Side Effects

Call or ask your caregiver to call your healthcare team right away or get emergency help at the first sign of:

Cytokine release syndrome (CRS)

- Fever of 100.4°F/38.0°C or higher
- Chills/shaking chills
- Fast or irregular heartbeat
- Lightheadedness or dizziness
- Shortness of breath
- Headache
- Nausea
- Fatigue
- Confusion
- Cough
- Swelling
- Stomach pain

Neurologic symptoms (neurologic toxicity)

- Confusion, disorientation, not knowing where or who you are
- Difficulty speaking or finding words
- Decreased alertness, drowsiness, or difficulty waking up
- Suddenly becoming weaker or unsteady when walking
- Tremors (fine shaking of hands or feet)
- Headache
- Agitation
- Memory loss
- Personality changes
- Difficulty writing

Infection

- Fever of 100.4°F/38.0°C or higher
- Chills
- Sore throat
- Cough, or chest or sinus congestion
- Lower back pain, blood in the urine, or a burning sensation while urinating
- Abdominal pain, vomiting, or diarrhea/loose stools
- Sores or white patches in your mouth
- Being unable to eat or drink for 24 hours

This document does not contain all of the possible side effects of CAR T cell therapy and is not intended to replace medical guidance. Refer to the Prescribing Information, Medication Guide, and website for additional safety information for the specific CAR T cell therapy you receive.

You may report side effects to the Food and Drug Administration at 1-800-FDA-1088, or contact the manufacturer of the product that you receive.

For more information and resources about CAR T cell therapy, visit [explorecelltherapy.com](https://www.explorecelltherapy.com)

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Monitor for these symptoms and contact a provider for help with management of:

Emergency Symptoms

Call or ask your caregiver to **call 911** immediately or get emergency help at the first sign of:

- Severe chest pain
- Difficulty catching your breath or trouble breathing
- Seizure or seizure-like activity
- Dramatic changes in level of consciousness—symptoms like not being able to wake up
- Stroke-like symptoms (eg, weakness on one side of your body)
- Severe vomiting or diarrhea
- Blurred vision
- Trouble speaking
- Any other situation that would warrant a call for emergency medical help



Serious side effects can occur immediately, or very soon after treatment. You will need to be closely monitored post-treatment and it is important to be aware of driving restrictions during this period. Your team may want you to have a caregiver to help support you during this time.

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Temperature and Symptom Log





It is important to routinely monitor and record any symptoms you experience after receiving CAR T cell therapy because symptoms can help you and your healthcare team identify and manage side effects of treatment.

Fever is one of the most common symptoms of cytokine release syndrome. It can also indicate an infection.

Consider recording your daily temperatures and symptoms in a notebook or log and bring it with you to every doctor visit so your healthcare team can review it. You may follow the example and template below.

LOG EXAMPLE:

Date: <i>5/23</i>	Time: <i>8:30 am</i>	Time: <i>2:30 pm</i>	Time: <i>8:30 pm</i>
 Temperature <i>(take at least 3 times per day, or as instructed by your healthcare provider)</i>	Temperature: <i>98.3°F</i>	Temperature: <i>100.5°F</i>	Temperature: <i>99.7°F</i>
	<input type="checkbox"/> No symptoms	<input type="checkbox"/> No symptoms	<input type="checkbox"/> No symptoms
Symptoms, medications, and calls: <i>Mild fever - started in the afternoon, Muscle pain- 10 am, Called nurse at 2:30 pm and was told to come in for monitoring.</i>			
<input checked="" type="checkbox"/> Healthcare team called			
Print your name daily and review with your healthcare team. Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.			
Name: <i>Jane Smith</i>			

Date:	Time:	Time:	Time:
 Temperature <i>(take at least 3 times per day, or as instructed by your healthcare provider)</i>	Temperature:	Temperature:	Temperature:
	<input type="checkbox"/> No symptoms	<input type="checkbox"/> No symptoms	<input type="checkbox"/> No symptoms
Symptoms, medications, and calls:			
<input type="checkbox"/> Healthcare team called			
Print your name daily and review with your healthcare team. Monitoring for changes in handwriting can help identify neurologic symptoms (neurologic toxicity). Call the healthcare team right away if there are significant changes in your handwriting.			
Name:			

Call your healthcare team or get emergency help right away if you have a temperature of 100.4°F/38.0°C or higher.