

Know When to Act Guide



A simple decision-support tool

This guide can help you decide when to monitor symptoms, discuss them at your next visit, or contact your care team.

Status & What this may look like		What to do
Stable	- Symptoms are mild or predictable. - Symptoms are improving over time. - Daily activities are mostly unaffected.	Monitor at home. Track symptoms. Continue regular appointments. Bring up at next appointment.
Bothersome	- Symptoms are increasing. - Symptoms interfere with sleep, work, or daily routines. - New symptoms appear and persist.	Write it down. Mention at your next appointment. Ask questions about symptom cause and management.
Serious	- Sudden or severe symptoms. - Symptoms that feel unusual or alarming. - Rapid worsening or symptoms that do not improve.	Contact your care team promptly. Follow instructions given by your care team. Seek urgent care if advised.

Additional content on TKIs - Missed or doubled doses

Here is what to do for each scenario:

- If you miss a dose:** Take it as soon as you remember. However, if it is close to the time of your next dose (within 4 hours), just take your next dose at your regular time. Do not double the dose.
- If you vomit after taking a dose:** Do not take an extra dose. Take your next dose at your regular time.
- If you double the dose:** It is often okay and does not require additional action.
- If possible, reach out to your oncology team or pharmacist right away for individualized guidance.

You can also contact your provincial poison control centre or go to the nearest emergency department.

Watch closely for urgent symptoms that need immediate medical attention such as dizziness, confusion, shortness of breath, chest pain, or unusual heartbeat.

Use this table to add relevant contacts by service, including names and phone numbers.

Service	Name	Phone Number

Questions for Care Team

Personal Note (optional) - (e.g., a positive thought, an intention, or something that helped you today)

This information is provided for informational purposes only. It does not constitute medical advice, diagnosis, or treatment, and should not be used as a substitute for professional medical consultation. Always seek the advice of a qualified healthcare professional regarding your health.