

CAR-T Toxicity Assessment

Information for Patients and Caregivers

Bring to each BMT Daycare appointment

Read this booklet to learn:

- CAR-T Toxicity Assessment (ICE checks)
- ICE checks and ICE score
- Frequency: twice a day, morning and evening
- Caregiver Instructions

**The Leukemia/Bone Marrow
Transplant Program of BC**





IMPORTANT PHONE NUMBERS

Leukemia/BMT Daycare (Outpatient Unit):

Leon Blackmore Pavilion, 6th Floor
Vancouver General Hospital

Monday to Friday 7:00 am - 7:30 pm
Holidays 7:00 am - 7:30 pm
Weekends 8:00 am - 6:00 pm

P: 604-875-4073

Leukemia/BMT Daycare closes every night.
For issues after hours please call the
Leukemia/BMT Inpatient Unit.

**If you do not have a scheduled appointment, please
call the unit and speak to a Triage Nurse prior to
showing up to the Leukemia/BMT Daycare Unit**

Leukemia/BMT Inpatient Unit:

Jim Pattison Pavilion, 15th & 16th Floor
Vancouver General Hospital
24-hour care

P: 604-875-4343

In Case of Emergency – Call 911

If you or your loved one has severe chest pain, a seizure, is unresponsive, or requires urgent care – **CALL 911**. An ambulance will take you to the closest hospital. Tell the staff you are a CAR T-cell patient and are part of the Leukemia/ BMT program and to contact our Doctor on call. These symptoms cannot be managed over the phone.

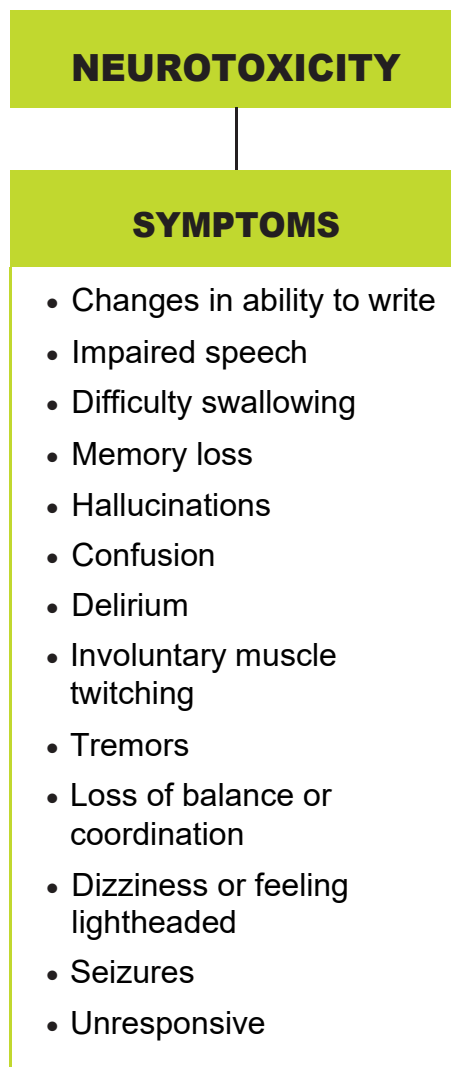
Call Us Immediately If You Have:

- Fever: a temperature of 38°C or higher
- Flu-like symptoms
- Chills or shaking
- Shortness of breath or a bad cough
- Rash, blisters, allergic reactions
- Concerns about your Central Venous Catheter (CVC) line
- New bad bruising and/or bleeding
- Difficulty taking your pills
- Diarrhea or vomiting that does not stop
- Dizziness or feeling lightheaded
- New pain or a bad headache
- Fast or irregular heartbeat
- Memory loss or trouble thinking, hallucinations
- Difficulty talking, difficulty swallowing, impaired speech, confusion
- Unable to write properly
- Severe fatigue, weakness, or drowsiness
- Trouble with balance, walking, clumsiness or weakness
- Fallen down
- A seizure

To help assess for CAR-T Toxicity, caregivers are required to complete assessments every morning and evening, including days you are seen in Leukemia/BMT Daycare.

CAR-T Toxicity Assessment (commonly referred to as ICE checks):

CAR-T therapy can have side effects that temporarily affect your brain and nervous system (neurotoxicity). This is sometimes called ICANS (Immune Effector Cell-Associated Neurotoxicity Syndrome) by your healthcare team. ICE (Immune Effector Cell-Associated Encephalopathy) checks are the scoring tool used to detect neurotoxicity. It typically occurs within the first few days after CAR-T infusion. However, it can occur up to 8 weeks after treatment. This is why caregivers are required to complete CAR-T Toxicity Assessments morning and evening and if there is a change in how you typically behave (e.g., change in writing ability, coordination, balance, speech, memory, behaviour).



Caregiver Instructions

How to Complete CAR-T Toxicity Assessments (ICE checks):

Have the patient answer the following questions and write the sentence “The quick brown fox jumped over the lazy dog”. Please calculate the points out of 10.

Call the Leukemia/BMT Daycare or Leukemia/BMT Inpatient (after hours) immediately if:

- Any one of these are performed incorrectly
- There is a change from before
- There is a change in the total score

Frequency:

As a caregiver, you are required to complete the Immune-Effector Cell-Associated Encephalopathy (ICE) check two times a day, morning and evening, including days you are seen in Leukemia/BMT Daycare. These checks need to be completed for 30 days after CAR T-cell infusion, and potentially longer if instructed by the Doctor.

Immune-Effector Cell-Associated Encephalopathy (ICE) Check	Morning	Evening
What year is it? (1 point)		
What month is it? (1 point)		
What city are we in? (1 point)		
What hospital are you going to daily? (1 point)		
Name three objects e.g., point to a clock, pen, button and ask patient to identify (Total 3 points/ 1 point per object)		
Follow commands e.g., ‘Close your eyes and stick out your tongue’ or ‘Show me 2 fingers’ (1 point)		
Count backwards from 100 by 10s (1 point)		
Handwriting sentence (complete on separate form) (1 point)		
Total points out of 10 (ICE score)	/10	/10

Note: Keep the boxes blank in this table and put the score on the next page, after the patient writes the sentence.

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
Example: Nov. 23, 2023	10:00 am	<i>The quick brown fox jumped over the lazy dog.</i>	10 /10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

Note: Please try and use a similar penmanship with your dominant hand each time.

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

Date	Time	Handwrite the following sentence: "The quick brown fox jumped over the lazy dog."	ICE Score
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10
			/10

References

- BC Cancer Agency. (2023). Cytarabine Patient Handout Injection.
<https://www.bccancer.bc.ca/health-professionals/clinical-resources/cancer-drug-manual/drug-index#c-content>
- Memorial Sloan Kettering Cancer Center. (2021). CAR T Cell Therapy: A Guide for Adult Patients & Caregivers. <https://www.mskcc.org/pdf/cancer-care/patient-education/car-cell-therapy-guide-adult-patients-caregivers>
- The Leukemia/Bone Marrow Transplant Program of BC. (2023). Your CAR T-cell Therapy: Information for Patients and Caregivers [Booklet].
- The Princess Margaret Cancer Foundation. (n.d.). CAR T-cell Therapy. Princess Margaret Cancer Classes. <https://pmcancerclasses.ca>
- YESCARTA. (2025, October). Managing side effects. About YESCARTA.
<https://www.yescarta.com/managing-side-effects>



© 2026 Leukemia/Bone Marrow Transplant Program of British Columbia. All rights reserved.

Please note: the information contained in this manual is not intended to replace the advice of your healthcare team. Use this as a reference and education guide. Consult your healthcare team if you have any questions or concerns. Creators and authors: Danae Lohrenz 08/2024, Marie Scott 08/2024. Authors: Sally Moore 08/2026, Patsy Vanee 04/2026. Editors: Mona Walia 04/2026, Jennifer Miller 03/2026, Claudine Kee 08/2026.

Reviewed and edited by Dr. Hannah Cherniawsky 04/2026.

VCH.0887 | August 2026

