



WHAT IS PERICARDITIS?

START THE CONVERSATION

TALK TO YOUR DOCTOR ABOUT RECURRENT PERICARDITIS

A discussion guide to aid you in conversation with your doctor and make the most of your next appointment.

TO USE THIS GUIDE:

- Fill in section 1 before your appointment, with information about your symptoms and how you have been feeling.
- Read through section 2 before your appointment and consider asking your doctor the questions to help you learn more about potential treatment options.
- Print out this document or be ready to pull it up on your mobile device so you can take notes during your appointment.



BEFORE YOUR APPOINTMENT:

Answer these questions so you can share the information with your doctor. Knowing this information will help ensure your doctor understands your symptoms more fully and can confirm or provide an accurate diagnosis, along with suggestions for a treatment plan that's right for you.

DIAGNOSIS

Have you been diagnosed with pericarditis?

Yes No

Type of pericarditis: One-time Recurrent Other:

Date of most recent flare:

SYMPTOMS

What symptoms have you been experiencing?

- | | | |
|--|---|--|
| <input type="checkbox"/> Sharp chest pain | <input type="checkbox"/> Low-grade fever | <input type="checkbox"/> Sleeplessness |
| <input type="checkbox"/> Back, neck, or shoulder pain | <input type="checkbox"/> Overall sense of weakness and fatigue | <input type="checkbox"/> Fear of next flare |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Feeling anxious | <input type="checkbox"/> Interruption in daily routine |
| <input type="checkbox"/> Shortness of breath when lying down | <input type="checkbox"/> Swelling in the abdomen, legs, or feet | <input type="checkbox"/> Feeling depressed |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Other <input type="text"/> | <input type="checkbox"/> Missing time at work |

How long have you been experiencing the symptoms you checked off?

When did these symptoms start, and when was the last time you experienced the symptoms?

RECENT HEALTH EVENTS

Have you had any of these health events?

- | | |
|--|--|
| <input type="checkbox"/> An infection (from a bacteria, fungus, or parasite) | <input type="checkbox"/> A heart procedure (such as placing a pacemaker) |
| <input type="checkbox"/> A virus (such as the flu or COVID-19) | <input type="checkbox"/> Injury to your heart or pericardium (such as from a car accident, radiation, or chemotherapy) |



DURING YOUR APPOINTMENT:

You may want to ask your doctor these questions and take notes as you discuss.

LAB TESTS (IF NOT DIAGNOSED)

Are there any lab tests that you believe can help provide an accurate diagnosis of my symptoms?

- Blood tests Cardiac magnetic resonance imaging (MRI) Computed tomography (CT) scan
 Echocardiogram (ECHO) X-ray

MANAGEMENT PLAN

What treatment options and/or lifestyle changes would you recommend for me?

MEDICATIONS

LIFESTYLE (E.G., DAILY ACTIVITY, EXERCISE, ETC.)

How might this impact my daily life?

DURATION AND IMPACT OF DISEASE

How long does recurrent pericarditis last and how might it affect me?

When might my symptoms begin to resolve; what should I do if they don't?

Are there possible long-term complications I should be aware of?

FOLLOW-UP

When should I return for my next check up?

DATE/TIME

Do you think I could benefit from a consultation with another specialist?

For example:

Cardiologist Rheumatologist Dietician Counselor Other:

NOTES

As you continue to manage pericarditis, it's important to maintain ongoing communication with your healthcare team. By regularly monitoring your symptoms, adhering to your treatment plan, and staying proactive in seeking information and support you can work towards achieving the best possible outcomes for you.

