18-MONTH SYMPTOM TRACKER

If recurrent pericarditis (RP) is going to develop, a second flare will occur within 18 months after the initial flare goes away. Use this worksheet to track common symptoms and bring it to your doctor appointments to help inform your discussions.

Pick a day that's easy to remember, like the "1st Saturday" or the "10th of every month." Then on that day each month, check the boxes of any symptoms you've felt since your last check-in.

WHAT IS PERICARDITIS?

www.whatispericarditis.com

Month	Chest pain	Low-grade fever	General weakness and fatigue	Shortness of breath when lying down	Heart palpitations	**No symptoms**	**Other**
Initial flare	☐	☐	☐	☐	☐	☐	
month	☐	☐	☐	☐	☐	☐	
month	☐	☐	☐	☐	☐	☐	
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month	☐	☐	☐	☐	☐	☐	
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Up to 1 in 3 people who experience one flare will have another. If you are experiencing any of these common symptoms or suspect you may be having another flare, speak with your healthcare provider. Symptoms can vary by person and only a healthcare provider can diagnose recurrent pericarditis.

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