If your symptoms keep coming back and you don't know why

PRE-APPOINTMENT WORKSHEET

WHAT IS PERICARDITIS?

RECOGNIZING SYMPTOMS

Have your symptoms returned? ☐ Yes ☐ No

How do your symptoms compare with your last flare? ☐ Not as bad ☐ About the same ☐ Worse

What symptoms are you having?

- ☐ Sharp chest pain
- ☐ Back, neck, or shoulder pain
- ☐ Cough
- ☐ Other: _____
- ☐ Heart palpitations
- ☐ Low-grade fever
- ☐ Overall sense of weakness and fatigue
- ☐ Swelling in the abdomen, legs, or feet
- ☐ Anxiety
- ☐ Shortness of breath when lying down

How recent was your last episode?

Circle one: Last week Last month A few months ago Last year More than a year ago

Since being diagnosed with pericarditis, how many times have you felt symptoms?

Circle one: 1 2 3 4 5 6 7 8 9 10+

How have recurring symptoms affected your daily life?

☐ Missing time at work ☐ Fear of symptoms returning ☐ Interruption in daily routine

☐ Other: _____

Are you taking any over the counter or prescription medications for your symptoms?

_____

DURING THE APPOINTMENT

Questions to consider during your doctor discussion.

Does pericarditis keep coming back? _____

What should I do if my symptoms don't improve or come back? _____

When should I return for my next checkup? _____

Could I benefit from a consultation with another specialist?

☐ Cardiologist ☐ Dietitian ☐ Rheumatologist ☐ Counselor ☐ Other: _____

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