If you've been diagnosed with pericarditis

PRE-APPOINTMENT WORKSHEET

WHAT IS PERICARDITIS?

While pericarditis symptoms can resolve after the first flare, if they return 4 weeks later, it may mean you have recurrent pericarditis. Every time you experience a flare, the chance of having another one increases, and can include new or different symptoms. This is why treating recurrent pericarditis may require a different approach.

YOUR SYMPTOMS

Date of your first flare:

How long did it last?

What symptoms did you experience?

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 long have you been experiencing your current symptoms?

☐ A few days ☐ About a week ☐ A few weeks ☐ A month or longer

DURING THE APPOINTMENT

Questions to consider during your doctor discussion.

Since my symptoms returned this time, could they come back another time?

If it is recurrent pericarditis, could a different treatment approach help control the inflammation and reduce my risk of future flares?

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