If you've been diagnosed with recurrent pericarditis but are still experience symptoms

PRE-APPOINTMENT WORKSHEET

WHAT IS PERICARDITIS?

TREATMENT

How are you currently managing recurrent pericarditis?

☐ NSAIDs ☐ Colchicine ☐ Steroids ☐ IL-1 blockers ☐ Other _____

SINCE STARTING TREATMENT:

Which symptoms have you experienced?

☐ 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 many flares have you experienced? _____

When was your last flare? _____

How are your symptoms affecting your daily life?

☐ Missing time at work ☐ Fear of next flare ☐ Interruption in daily routine
☐ Sleeplessness ☐ Feeling depressed ☐ Other: _____

DURING THE APPOINTMENT:

Questions to consider during your doctor discussion.

Are there any other treatment options that could help reduce my risk of future flares?

_____

How will I know if my treatment is working? _____

How could repeated flares affect my heart? _____

What should I do if I experience another flare? _____

When should I return for my next checkup? _____

Could I benefit from seeing another specialist?

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

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