

Getting ready for your rheumatologist visit guide

Step 1: Fill out this rheumatologist visit guide and take with you to your next appointment.

Step 2: Use this guide to help you discuss your rheumatoid arthritis symptoms with your doctor.

Step 3: Ask your doctor any questions you may have about your current treatment – and if other treatment options could be right for you.

1 Do you see a GP or rheumatologist for your rheumatoid arthritis symptoms?

- GP
- Rheumatologist
- Both GP and Rheumatologist

Notes _____

2 How long does your morning joint stiffness last?

- Up to 30 minutes
- 30 minutes to 1 hour
- More than 1 hour

Notes _____

3 How difficult is it for you to manage daily activities that require full body movement - like getting in and out of bed, bathing, and drying yourself, or walking outdoors on flat ground?

- Not difficult
- Somewhat difficult
- Very difficult

Notes _____

4 How difficult is it for you to manage daily activities that require small motor movement - like tying shoelaces, doing up buttons, turning faucets on or off, or lifting a glass to your mouth?

- Not difficult
- Somewhat difficult
- Very difficult

Notes _____

5 What are your symptoms?

My joints hurt

- A little
- A lot
- Never

My joints are swollen

- A little
- A lot
- Never

I'm tired

- A little
- A lot
- Never

Note down any other symptoms, including non-joint related, that you are experiencing.

Notes _____

6 What medications (prescription and over-the-counter) are you currently taking?

- Analgesics (pain relief medication)
- NSAIDs (Anti-inflammatory medication)
- Corticosteroids
- DMARDs (like methotrexate)
- Biologics

Notes _____

Be sure to bring a list of all the medications you take, including the dosage.

7 Tell your doctor if you have or have had any of the following:

- An infection, including a long-term or localised infection (for example, leg ulcer)
- A history of recurrent infections or other conditions that increase the risk of infections
- Tuberculosis, or if you have been in close contact with someone who has had tuberculosis
- Hepatitis B virus, or you suspect you may be infected
- A fungal infection
- Multiple sclerosis and other demyelinating disease
- Allergic reactions such as chest tightness, wheezing, dizziness, swelling or rash
- Blood disorders
- A suppressed immune system
- Heart conditions including congestive heart failure, heart attack or worsening of existing heart conditions
- Cancer or autoimmune disease
- Kidney or liver problems
- Allergy to rubber or latex

Note down anything else that you feel your specialist should be aware of.

Notes _____

Answers to these questions are not intended to diagnose rheumatoid arthritis. Talk to your doctor about your answers to get a proper diagnosis.