

LIVING WELL WITH LUPUS

A practical checklist to help you prepare for appointments, understand your lupus and support your day-to-day wellbeing.

My lupus care

- I attend my regular GP and specialist appointments.
- I understand what my medications are for and how to take them.
- I know who to contact if my symptoms change or I think I am having a flare.
- I keep an up-to-date list of my medications and healthcare providers.
- I complete recommended blood, urine and other monitoring tests.
- I ask questions when I do not understand something about my lupus or treatment.

Know my lupus

- I know which symptoms are usual for me.
- I keep track of new or changing symptoms.
- I understand some of my possible flare warning signs.
- I know which symptoms require urgent medical attention.
- I understand that lupus can change over time, so new symptoms are worth discussing.

Protect myself from UV

- I use appropriate sun protection when UV exposure is possible.
- I consider sunscreen, protective clothing, a hat, sunglasses and shade.
- I check the UV Index when planning outdoor activities.
- I understand that some people with lupus are particularly sensitive to UV exposure.

Look after my overall health

- I try to stay physically active at a level appropriate for me.
- I prioritise sleep and allow time for rest when needed.
- I eat a balanced diet and attend routine health checks.
- I discuss vaccinations with my healthcare team.
- I do not smoke, or I have asked for support to quit if needed.
- I discuss cardiovascular and bone health with my healthcare team when appropriate.

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Manage fatigue and energy

- I recognise that lupus fatigue can be different from ordinary tiredness.
- I pace activities and prioritise what is important.
- I plan rest around demanding days where possible.
- I tell my healthcare team if fatigue becomes significantly worse.

Look after my mental wellbeing

- I pay attention to changes in my mood, anxiety or stress.
- I give myself permission to ask for help.
- I stay connected with people who support me.
- I speak with a health professional if I am struggling emotionally.

Prepare for appointments

- I write down my questions beforehand.
- I bring my medication list and note important changes in symptoms.
- I ask what my test results mean rather than only whether they are 'normal'.
- I understand what happens next and when I need to return.

MY LUPUS PLAN

My rheumatologist:	My GP:
Who I contact if my lupus worsens:	My next appointment:
My usual lupus symptoms:	My possible flare warning signs:

You do not have to tick every box. Lupus is different for everyone. Use this checklist as a starting point for conversations with your healthcare team about what is appropriate for you.

General information only: This resource does not replace individual medical advice. Please discuss your health, symptoms and treatment with your healthcare professional.

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