

MY LUPUS FLARE PLAN

A personal plan to help you recognise changes, know what to do and know when to seek help.

Name:		Date plan created:	
Rheumatologist :		GP:	
Plan reviewed with:		Next review:	

1. What is normal for me?

Describe your usual lupus symptoms and what a typical day looks like when your lupus is relatively stable.

2. My possible early flare warning signs

Record changes you have noticed before previous flares, or signs your healthcare team has asked you to watch for.

■ More fatigue than usual	■ Increasing joint pain / stiffness / swelling
■ New or worsening rash / sun sensitivity	■ Fever or feeling unusually unwell
■ Mouth or nose ulcers	■ Headaches / brain fog
■ Hair loss / increased shedding	■ Other:

3. Things that may contribute to symptoms or flares for me

These are personal observations, not proof of cause. Discuss patterns or concerns with your healthcare team.

■ UV / sun exposure	■ Poor sleep
■ Stress	■ Infection / illness
■ Overexertion	■ Medication changes / missed doses
■ Hormonal changes	■ Other:

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Complete this section with your healthcare team so the actions are appropriate for your individual lupus.

4. What I will do if I think a flare may be starting

Write down actions agreed with your healthcare team. Do not change prescription medicines unless your treating clinician has advised you to do so.

Step	My agreed action
1. Track Symptoms or measurements I should record	
2. Self-care Rest, pacing, UV protection or other agreed measures	
3. Medicines Instructions specifically given to me by my clinician	
4. Contact Who I should contact and when	

5. When I should contact my healthcare team

Write the symptoms, changes or thresholds your rheumatology team wants you to report.

6. Urgent or emergency symptoms

Ask your healthcare team which symptoms require urgent assessment for you. Severe or rapidly worsening symptoms may require urgent medical care.

My personal urgent warning signs / instructions:

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Keep this page somewhere easy to find and update it when your treatment or healthcare contacts change.

7. My medicines during usual care

Use this as a quick reference. Keep a complete, current medicines list as well.

Medicine	Dose	When I take it	Important instructions

8. Who to contact

Rheumatology clinic		Phone	
GP		Phone	
Other specialist		Phone	
Support person		Phone	

9. After a flare: what did I learn?

Complete this when you are feeling better. It may help you and your healthcare team refine this plan.

What were my first signs?	
What seemed to help?	
What would I do differently next time?	
What should I discuss at my next appointment?	

Important: A flare plan is a preparation tool, not a diagnosis or treatment plan. Personalise it with your healthcare team. Do not start, stop or change prescription medicines unless you have specific instructions from your treating clinician. For severe, rapidly worsening or life-threatening symptoms, seek urgent medical care.