

RHEUMATOLOGY APPOINTMENT PLANNER

Note symptoms, medicines and questions before your appointment.

Appointment date:		Rheumatologist:	
Clinic / hospital:		GP:	

1. What has changed since my last appointment?

Think about new symptoms, symptoms that are worse or better, and anything that is affecting your daily life.

Symptom / change	When did it start?	How often / how severe?	Impact on daily life

Symptoms I especially want to mention

☐ Fatigue	☐ Joint pain / stiffness / swelling
☐ Skin rash / sun sensitivity	☐ Hair loss
☐ Mouth / nose ulcers	☐ Fever / feeling unwell
☐ Chest pain / breathlessness	☐ Headaches / brain fog
☐ Raynaud's / colour changes	☐ Other new or concerning symptoms

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2. My medicines

Bring an up-to-date medicines list if you have one. Include prescription medicines, over-the-counter medicines and supplements you want your rheumatologist to know about.

Medicine / supplement	Dose	How often?	Any concerns / side effects?

☐ I have started a new medicine.

☐ I have stopped or changed a medicine.

☐ I have missed doses or had trouble taking a medicine.

☐ I want to discuss side effects or interactions.

3. My questions

Write your most important questions first so you can cover them even if time is limited.

1.	
2.	
3.	
4.	
5.	

4. Before I leave the appointment

☐ I understand any changes to my medicines or treatment plan.

☐ I know whether I need blood, urine, imaging or other tests.

☐ I know what symptoms or changes I should contact the clinic about.

☐ I know when my next appointment should be.

☐ I know who to contact if I have questions before my next appointment.

Notes from my appointment

Tip: If you have been using the LFA Lupus Symptom Tracker, bring it with you. Patterns over time can help you explain what has been happening between appointments.

General information only: This planner is designed to help you prepare for a healthcare appointment and does not replace individual medical advice.
Lupus Foundation Australasia | lupusfoundationaustralasia.org