

Rheumatologist Appointment CHECKLIST



What to expect

Physical Exam Treatment Plan
Prescriptions Medical History
Order tests: Blood work, MRI, X-ray, Ultrasound

Questions to Ask

What is the rate in which my symptoms are progressing?
What tests do I need to get?
Will I get worse?
Can I start a family?
Will I be able to continue to breastfeed?
What can I do, aside from taking medication, to boost my treatment (diets, exercises, physical therapy)?
How do I avoid getting worse and permanent damage?
How do I avoid flares?
How can I tell the difference between RA Pain/inflammation to other pain/inflammation?
How often will my consultations be?
Who can take medical care of me in between that time?
What other conditions might I get?
What should I avoid eating/drinking?

For your notebook

Any symptoms
Describe your pain and pain scale.
Location and length of symptoms
Supplements, vitamins or medication currently taking
Anything unusual that you have been experiencing
When and where things not quite right.
Questions?
What you done/taken to improve the pain or make you feel better?
What makes your condition worse.

Question re: Medication

What medications do you recommend?
If one med doesn't work, what's next? What is my treatment plan?
How long to trial a med?
How long for the meds to work?
Who do I contact if I my meds are not working and I need to change?
What vitamins and supplements to take
What will these medication interact with?
When will I know to reduce or stop medication?
What are the potential side-effects?