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

2. How long does your morning joint stiffness last?
   - Up to 30 minutes
   - 30 minutes to 1 hour
   - More than 1 hour

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

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

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

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

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.

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