



Pre-Visit Checklist for Your Rheumatologist Appointment

Use this checklist to prepare for your rheumatology appointment and ensure you provide your doctor with all the necessary information for an accurate diagnosis and effective treatment plan.

Before Your Appointment

Medical History

- ☐ List of all current medications (including dosages)
- ☐ List of vitamins, supplements, and over-the-counter medications
- ☐ Known allergies to medications or other substances
- ☐ Previous diagnoses and chronic conditions
- ☐ Family history of autoimmune or rheumatic diseases
- ☐ Recent lab work or test results (bring copies)
- ☐ Imaging reports (X-rays, MRIs, CT scans)
- ☐ Names and contact information of other specialists you see

Insurance & Administrative

- ☐ Insurance card (front and back)
- ☐ Photo ID or driver's license
- ☐ Referral from primary care physician (if required)
- ☐ Completed new patient forms (if provided)

- ☐ List of previous healthcare providers
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Symptom Tracking

Pain & Discomfort

- ☐ **Location:** Which joints or body parts are affected?
- ☐ **Duration:** When did symptoms first start?
- ☐ **Timing:** What time of day are symptoms worse?
- ☐ **Severity:** Rate pain on a scale of 1-10
- ☐ **Pattern:** Is pain constant or does it come and go?
- ☐ **Triggers:** What makes symptoms better or worse?

Joint-Specific Symptoms

- ☐ Swelling in joints
- ☐ Stiffness (especially morning stiffness - note duration)
- ☐ Redness or warmth around joints
- ☐ Limited range of motion
- ☐ Joint deformities or changes

Other Symptoms to Document

- ☐ Fatigue levels and patterns
 - ☐ Fever or night sweats
 - ☐ Unexplained weight loss or gain
 - ☐ Skin rashes or changes
 - ☐ Dry eyes or mouth
 - ☐ Hair loss
 - ☐ Muscle weakness
 - ☐ Numbness or tingling
 - ☐ Chest pain or breathing difficulties
 - ☐ Digestive issues
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Questions to Ask Your Rheumatologist

About Your Condition

- ☐ What condition do you suspect or have diagnosed?
- ☐ What tests do I need to confirm the diagnosis?
- ☐ What causes this condition?
- ☐ Is this condition genetic or hereditary?
- ☐ What is the long-term prognosis?

About Treatment

- ☐ What are my treatment options?
- ☐ What are the benefits and risks of each treatment?
- ☐ How long before I see improvement?
- ☐ What are the potential side effects?
- ☐ Will I need regular monitoring or lab work?
- ☐ Are there lifestyle changes I should make?

About Daily Life

- ☐ Can I continue my current exercise routine?
- ☐ Are there activities I should avoid?
- ☐ Will this affect my ability to work?
- ☐ Are there dietary recommendations?
- ☐ How will this affect pregnancy or family planning?

Follow-Up Care

- ☐ When should I schedule my next appointment?
- ☐ What symptoms should prompt me to call sooner?
- ☐ Who do I contact if I have questions between visits?
- ☐ Do I need to see other specialists?

Day of Your Appointment

Bring With You

- ☐ This completed checklist
- ☐ Symptom journal or notes
- ☐ List of questions
- ☐ All medications in original bottles
- ☐ Previous medical records
- ☐ Insurance and identification
- ☐ Notepad and pen for taking notes

Be Prepared To

- ☐ Describe your symptoms in detail
 - ☐ Discuss how symptoms impact daily activities
 - ☐ Explain what treatments you've already tried
 - ☐ Share concerns about medications or side effects
 - ☐ Perform physical examination of affected areas
 - ☐ Provide blood or urine samples if needed
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After Your Appointment

- ☐ Schedule follow-up appointment before leaving
 - ☐ Pick up or request prescription refills
 - ☐ Schedule any recommended tests or imaging
 - ☐ Request referrals to other specialists if needed
 - ☐ Understand next steps in your treatment plan
 - ☐ Know when to expect test results
 - ☐ Have contact information for questions
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Important Reminders

Arrive Early: Plan to arrive 15-20 minutes before your scheduled appointment time to complete any necessary paperwork.

Be Honest: Share all symptoms and concerns, even if they seem unrelated. Rheumatic conditions can affect multiple body systems.

Take Notes: Consider bringing someone with you to help remember information discussed during the appointment.

Follow Up: Make sure you understand all instructions before leaving and know how to contact the office with questions.

SFL Medical Group

Your partner in rheumatologic care

For more information or to schedule an appointment, [contact SFL Medical Group](#).

This checklist is designed to help you prepare for your rheumatology appointment. It is not a substitute for medical advice. Always consult with your healthcare provider about your specific condition and treatment needs.