

10 WAYS TO PREPARE FOR YOUR DOCTOR'S APPOINTMENT AFTER YOU ARE DIAGNOSED WITH VASCULITIS

1

Keep a journal of your symptoms from vasculitis, including treatments and how you feel in general. Be specific; include details. Take this journal to each appt, record responses to your questions and date the entry.

2

Sit down before the appointment and **make a list of questions** you have for the doctor. Put these in order of priority so you can ask the most important questions first. Make sure it is a short list, ideally no more than 3 items, so you will have enough time to discuss them.

3

Whenever possible, **bring another person** who can help take notes while meeting with your doctor. Many topics can be difficult to understand, and the doctor may have limited time to explain them to you.

4

Be prepared to **ask your doctor about the side effects of the medications** you are taking.

5

Discuss **what general precautions you should take** while being treated both early on and long-term.

6

Check in on the treatment plan. How have I responded to treatments thus far? Any changes or adjustments to the treatment plan? Be ready to discuss the next 3 month (or until your next appointment), and ask what you might expect from being treated.

7

Ask if it is possible, with treatment, for your vasculitis to go into **remission** and not impact your body.

8

Ask how your progress with the treatment plan will be measured and how you will know when you are in remission.

9

Tell your doctor that you understand that you can have a flare (recurrence of active vasculitis). Ask **how will I know if I am having a flare?** How will you treat the flare.

10

Discuss **next steps for the next 3 to 6 months** and what you should be prepared for in the next 3 to 6 months.

Find more information at vasculitisfoundation.org