

# Fibromyalgia (FM) Symptom & Flare Checklist

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Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

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## ✓ Symptoms (check all that apply)

- Widespread body pain or aching
  - Burning, throbbing, or stabbing pain
  - Tenderness to touch / increased pain sensitivity
  - Muscle stiffness
  - Extreme fatigue or exhaustion
  - Waking up tired / unrefreshing sleep
  - Trouble falling asleep or staying asleep
  - Brain fog / trouble concentrating
  - Memory problems
  - Headaches or migraines
  - Jaw pain / facial pain
  - Numbness or tingling
  - Sensitivity to light, sound, touch, or temperature
  - Anxiety, stress, or low mood
  - Abdominal pain, bloating, constipation, or diarrhea
  - Pelvic pain or bladder irritation
  - Feeling weak or drained after activity
  - Dizziness or feeling off balance
  - Other: \_\_\_\_\_
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## ✓ Possible Triggers (past 24–72 hours)

- Poor sleep or sudden sleep changes
- High stress / emotional strain
- Physical overexertion
- Illness or recent infection
- Weather change
- Hormonal changes

- Diet change / dehydration
  - New medication or dose change
  - Long travel or disrupted routine
  - Other: \_\_\_\_\_
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## ✓ Current Medications

**Medications taken for symptoms (today/this flare):**

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**Dose and time taken:**

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**Long-term FM medication(s) (if any):**

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**Last dose taken (date/time):**

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## When to Call Your Rheumatologist (or seek urgent care)

- Pain or fatigue suddenly much worse than your usual flare pattern
  - New chest pain, shortness of breath, or fainting
  - New one-sided weakness, severe numbness, or trouble speaking
  - Severe dehydration, vomiting, or inability to keep fluids down
  - Major medication side effects (rash, shortness of breath, severe GI symptoms)
  - Severe insomnia causing major functional decline
  - Symptoms becoming more frequent, more intense, or disrupting daily life significantly
  - Questions about medication safety, pregnancy planning, infections, or vaccines
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## Contact Information

**Rheumatology Care Associates**

**Phone:** [Call\(352\)717-0603](tel:3527170603)

**Contact / Request Appointment:** [Contact Us](#)

**Address:** 2611 S US Hwy 27, Clermont, FL 34711

**Website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)

**Book Appointment:** [Schedule Online](#)

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# Quick Action Plan

## During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Reduce activity to a manageable level and pace yourself.
3. Prioritize rest and protect your sleep schedule.
4. Use heat, gentle stretching, or other clinician-approved comfort measures.
5. Drink water regularly and eat simple, balanced meals.
6. Reduce sensory overload if light, sound, or touch sensitivity is worse.
7. Track pain, sleep, fatigue, brain fog, and possible triggers.
8. Contact your rheumatologist if symptoms are unusually severe or red-flag items are present.

## Prevention tips:

- Keep a consistent sleep routine.
- Pace activity and avoid the “overdo it, crash later” cycle.
- Track common triggers such as stress, weather, and routine changes.
- Stay hydrated and maintain regular meals.
- Use stress-reduction tools that work for you, such as breathing exercises, stretching, or short walks.
- Keep regular follow-ups and review medication side effects with your clinician.

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## Need Help?

### Emergency / urgent concerns:

[Call now: \(352\) 717-0603](tel:(352)717-0603)

### Request appointment:

[Contact Form](#)

### Visit website:

[rheumatologycareassociates.com](http://rheumatologycareassociates.com)

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*For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.*

## How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help identify what relieves symptoms.
4. Bring it to appointments so your rheumatologist can track flare patterns and treatment response.
5. Call immediately for emergency symptoms such as chest pain, fainting, severe neurologic symptoms, or serious medication reactions.