

Granulomatosis with Polyangiitis (GPA)

Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Sinus congestion or sinus pressure
- Frequent nosebleeds
- Crusting inside the nose
- Runny nose or nasal drainage
- Ear pain, pressure, or hearing changes
- Sore throat or hoarse voice
- Cough
- Shortness of breath or breathing difficulty
- Chest tightness or chest pain
- Coughing up blood
- Fatigue or reduced endurance
- Fever or feeling generally unwell
- Joint pain or joint swelling
- Muscle aches or soreness
- Eye redness, pain, or vision changes
- Skin rash, sores, or purple spots
- Dark, foamy, or reduced urine
- Swelling in legs, ankles, or around the eyes
- Numbness, tingling, or weakness
- Unexplained weight loss or poor appetite
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Missed doses of GPA medication
- Recent infection (cold, flu, sinus infection, dental infection)
- High stress / poor sleep
- Recent medication change or dose change

- Steroid taper or reduction
- Overexertion / heavy activity
- Smoking / vaping exposure
- Alcohol intake
- Environmental irritant exposure
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term GPA medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Shortness of breath, chest tightness, or worsening breathing
- Chest pain or coughing up blood
- New or worsening eye pain, redness, or vision changes
- Dark, foamy, or much less urine than usual
- Swelling around the eyes, legs, or ankles
- Severe sinus pain, persistent nosebleeds, or worsening ENT symptoms
- New numbness, tingling, weakness, or sudden neurologic symptoms
- Fever with major worsening symptoms or concern for infection
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Flares becoming more frequent, more severe, or affecting daily function
- Questions about medication safety, pregnancy planning, infections, or vaccines

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

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest when fatigue, breathing symptoms, or pain are worse, but avoid unsafe overexertion.
3. Keep track of sinus symptoms, cough, urine changes, skin findings, eye symptoms, and breathing problems.
4. Stay hydrated and prioritize sleep and recovery.
5. Avoid smoking, respiratory irritants, and other known flare triggers.
6. Use supportive care for nasal or sinus symptoms as directed by your clinician.
7. Contact your rheumatologist promptly if breathing, kidney, eye, skin, or nerve symptoms worsen.
8. Seek urgent care for coughing up blood, breathing difficulty, vision changes, or rapidly worsening kidney-related symptoms.

Prevention tips:

- Take long-term GPA medication consistently as prescribed.
- Keep a simple flare log (date, sinus symptoms, cough, urine changes, joint symptoms, possible triggers).
- Avoid smoking and limit exposure to respiratory irritants when possible.
- Pace physical activity and avoid overexertion during active flares.
- Report new kidney symptoms, eye symptoms, chest symptoms, or neurologic symptoms early.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

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

Request appointment: [Contact Form](#)

Visit website:

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.

Learn more about Granulomatosis with Polyangiitis: [Visit our GPA Guide](#)

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 monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately for coughing up blood, breathing difficulty, vision changes, or major urine changes.