

Enteropathic Arthritis Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Joint pain (knees, ankles, hips, wrists, elbows, hands, other)
 - Swelling in one or more joints
 - Morning stiffness (lasting 30+ minutes)
 - Warmth and redness around a joint
 - Back pain or buttock pain that improves with movement
 - Heel pain / Achilles pain / plantar fascia pain
 - Fatigue or feeling unwell
 - Trouble gripping objects or reduced joint mobility
 - Abdominal pain or cramping
 - Frequent diarrhea
 - Blood in stool
 - Urgent need to use the bathroom
 - Bloating or digestive discomfort
 - Loss of appetite
 - Unintentional weight loss
 - Fever during a flare
 - Mouth sores / mouth ulcers
 - Eye symptoms (red, painful eye, light sensitivity, blurred vision)
 - Skin symptoms (painful bumps, rashes, or psoriasis-like changes)
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Missed doses of arthritis or IBD medication
- Recent infection (cold, flu, stomach bug, skin infection, dental infection)
- High stress / poor sleep

- Recent bowel flare
 - New medication or dose change
 - Smoking / vaping exposure
 - Alcohol intake
 - Certain foods that worsen GI symptoms
 - Overuse / heavy activity
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term enteropathic arthritis / IBD medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Severe joint pain/swelling not improving after 24–48 hours with your plan
 - Hot, very swollen joint with fever
 - Rapid worsening of back pain or stiffness
 - New or worsening eye symptoms (red/painful eye, light sensitivity, vision changes)
 - Severe abdominal pain, dehydration, or inability to keep fluids down
 - Frequent bloody diarrhea or significant increase in blood in stool
 - Unable to bear weight or move the joint normally
 - New numbness, weakness, or severe nerve-like pain
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Flares becoming more frequent or affecting more joints / bowel symptoms
 - Questions about medication safety, pregnancy planning, infections, or vaccines
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Contact Information

Rheumatology Care Associates

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

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 inflamed joints, but use gentle movement if stiffness improves with activity.
3. Stay hydrated, especially if diarrhea is present.
4. Eat bland, well-tolerated foods if bowel symptoms are active.
5. Track both joint symptoms and digestive symptoms together.
6. Watch for eye symptoms, severe abdominal pain, fever, or bloody diarrhea.
7. Contact your rheumatologist or GI specialist if symptoms worsen or red-flag items are present.

Prevention tips:

- Take long-term arthritis and IBD medications consistently as prescribed.
 - Keep a simple flare log (date, joints involved, bowel symptoms, triggers, morning stiffness duration).
 - Stay hydrated and avoid foods that reliably worsen GI symptoms.
 - Reduce smoking exposure and moderate alcohol intake.
 - Maintain steady low-impact activity as tolerated.
 - Keep regular follow-ups with both rheumatology and GI care teams.
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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

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

Learn more about Enteropathic Arthritis: [Visit our Enteropathic Arthritis 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, including both arthritis and bowel-related treatment.
4. Bring it to appointments so your rheumatologist can track patterns and treatment response.
5. Call immediately for eye symptoms, severe bloody diarrhea, dehydration, fever with a hot swollen joint, or rapidly worsening pain.