

Systemic Lupus Erythematosus (SLE)

Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Extreme fatigue or reduced endurance
- Fever or feeling generally unwell
- Joint pain or joint swelling
- Morning stiffness
- Muscle aches or soreness
- Butterfly-shaped rash across cheeks and nose
- Rash after sun exposure
- Mouth sores or nose sores
- Hair thinning or unusual hair loss
- Chest pain with deep breathing
- Shortness of breath or breathing difficulty
- Swelling in legs, ankles, or around the eyes
- Headaches
- Brain fog, memory trouble, or difficulty concentrating
- Numbness or tingling
- Fingers turning white, blue, or purple in cold or stress
- Abdominal pain, nausea, or poor appetite
- Dark, foamy, or reduced urine
- New bruising or unusual bleeding
- Trouble sleeping
- Other: _____

✓ Possible Triggers (past 24–72 hours)

- Missed doses of SLE medication
- Recent infection (cold, flu, skin infection, dental infection)
- High stress / poor sleep
- Increased sun exposure

- Recent medication change or dose change
- Overexertion / heavy activity
- Smoking / vaping exposure
- Alcohol intake
- Hormonal changes
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

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

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Rapid worsening of joint pain, swelling, or fatigue over days
- New or worsening rash, especially after sun exposure
- Chest pain, shortness of breath, or worsening breathing
- Severe headache, confusion, fainting, or new neurologic symptoms
- Swelling around the eyes, new leg swelling, or concern for kidney problems
- Dark, foamy, or much less urine than usual
- Fever with major worsening symptoms or concern for infection
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- New severe mouth sores, bleeding, or unusual bruising
- 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 or joint pain is worse, but avoid unsafe overexertion.
3. Protect your skin from sun exposure with clothing, shade, and sunscreen.
4. Keep track of rash changes, joint swelling, fever, urine changes, chest symptoms, and fatigue.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid smoking, excess sun exposure, and activities that worsen pain or exhaustion.
7. Contact your rheumatologist promptly if rash, chest symptoms, swelling, urine changes, or neurologic symptoms worsen.
8. Seek urgent care for chest pain, breathing difficulty, confusion, fainting, or signs of kidney involvement.

Prevention tips:

- Take long-term SLE medication consistently as prescribed.
- Keep a simple flare log (date, rash, joint symptoms, fatigue level, urine changes, possible triggers).
- Limit sun exposure and use daily sun protection.
- Pace physical activity and avoid overexertion during active flares.
- Report new kidney symptoms, neurologic symptoms, or chest 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

© 2026 Rheumatology Care Associates

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

Learn more about Systemic Lupus Erythematosus: [Visit our SLE 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 chest pain, shortness of breath, confusion, reduced urine, or rapidly worsening symptoms.