

Eosinophilic Granulomatosis with Polyangiitis (EGPA) Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Shortness of breath or breathing difficulty
- Wheezing or asthma flare
- Frequent cough
- Chest tightness
- Sinus congestion or sinus pressure
- Nasal polyps or blocked nose
- Runny nose or postnasal drip
- Fatigue or reduced endurance
- Fever or feeling generally unwell
- Joint pain or joint swelling
- Muscle aches or muscle weakness
- Numbness, tingling, burning, or weakness in hands or feet
- New rash, red spots, or purple skin changes
- Abdominal pain
- Nausea, vomiting, or diarrhea
- Unexplained weight loss or poor appetite
- Swelling in legs, ankles, or feet
- Chest pain
- Coughing up blood
- Other: _____

✓ Possible Triggers (past 24–72 hours)

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

- Overexertion / heavy activity
- Smoking / vaping exposure
- Allergen or environmental exposure
- Alcohol intake
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term EGPA 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
- Severe asthma symptoms not improving with usual treatment
- Chest pain or coughing up blood
- New numbness, tingling, weakness, or foot drop
- Fever with major worsening symptoms or concern for infection
- New rash, purple spots, or rapidly spreading skin changes
- Severe abdominal pain, vomiting, or GI bleeding concern
- Swelling in legs, ankles, or around the eyes
- 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. Use asthma or breathing medications as instructed by your care team.
3. Rest when breathing symptoms, fatigue, or weakness are worse, but avoid unsafe overexertion.
4. Keep track of breathing changes, sinus symptoms, rash, nerve symptoms, swelling, and GI symptoms.
5. Stay hydrated and prioritize sleep and recovery.
6. Avoid smoking, respiratory irritants, allergens, and other known triggers.
7. Contact your rheumatologist promptly if breathing, nerve, skin, or abdominal symptoms worsen.
8. Seek urgent care for severe breathing difficulty, chest pain, coughing up blood, or sudden neurologic symptoms.

Prevention tips:

- Take long-term EGPA medication consistently as prescribed.
- Keep a simple flare log (date, breathing symptoms, sinus symptoms, rash, nerve symptoms, possible triggers).
- Avoid smoking and limit exposure to respiratory irritants or allergens when possible.
- Pace physical activity and avoid overexertion during active flares.
- Report new neurologic symptoms, chest symptoms, or GI 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 Eosinophilic Granulomatosis with Polyangiitis: [Visit our EGPA 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 breathing difficulty, chest pain, coughing up blood, or new neurologic symptoms.