

# Reactive Arthritis 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)

- Joint pain (knees, ankles, feet, toes, hips, low back, other)
  - Swelling in one or more joints
  - Morning stiffness
  - Heel pain / Achilles pain
  - Pain in buttocks or lower back
  - Sausage toe or finger swelling
  - Trouble walking or bearing weight
  - Eye redness
  - Painful eye or irritated eye
  - Light sensitivity
  - Blurred vision
  - Burning when urinating
  - Frequent urination
  - Urinary discharge or irritation
  - Diarrhea or recent stomach infection
  - Abdominal pain or cramping
  - Mouth sores / mouth ulcers
  - Rash or flaky skin on palms / soles
  - Fatigue or feeling unwell
  - Fever
  - Other: \_\_\_\_\_
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## ✓ Possible Triggers (past 24–72 hours)

- Recent diarrhea / food poisoning
- Recent urinary tract infection
- Recent STI or genital infection
- Recent sore throat or other infection

- Missed doses of medication
  - High stress / poor sleep
  - New medication or dose change
  - 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 reactive arthritis 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)

- Painful red eye, light sensitivity, or blurred vision
  - Severe joint swelling or inability to bear weight
  - Hot, swollen joint with fever
  - New or worsening urinary symptoms
  - Bloody diarrhea or severe abdominal pain
  - Rapid worsening back pain, heel pain, or swelling
  - Side effects from medications (rash, shortness of breath, severe GI symptoms)
  - Symptoms becoming more frequent, lasting longer, or affecting more body areas
  - 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. Rest painful joints, but use gentle movement if stiffness improves with light activity.
3. Track whether symptoms followed diarrhea, urinary symptoms, or a recent infection.
4. Watch closely for eye redness, pain, blurred vision, or light sensitivity.
5. Stay hydrated, especially if diarrhea is present.
6. Avoid heavy activity if heel pain, knee pain, or foot pain is worsening.
7. Contact your rheumatologist if symptoms worsen or red-flag items are present.

### Prevention tips:

- Keep a simple flare log (date, joint involved, infection history, urinary symptoms, eye symptoms, triggers).
  - Report new eye or urinary symptoms early.
  - Complete infection treatment exactly as directed by your clinician.
  - Reduce smoking exposure and maintain healthy recovery habits.
  - Keep regular follow-ups and discuss recurring symptoms promptly.
  - Review medication side effects and infection precautions with your care team.
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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.*

**Learn more about Reactive Arthritis:** [Visit our Reactive Arthritis Guide](#)

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## 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 any recent infection treatment.
4. Bring it to appointments so your rheumatologist can track symptom patterns and treatment response.
5. Call immediately for eye pain, blurred vision, a hot swollen joint with fever, or severe urinary or bowel symptoms.