My flare plan

Written on _____ Looked over on _____

How I know a flare is starting

My pain on a usual day is about _____ out of 10. In a flare, about _____

What I notice first, in my own words:

What has helped before, even a little

What can wait, or someone else can do

Who to tell, and what would help

Who	Number	What would help: a meal, a lift, quiet, company, a call made for me

A message ready to send: *I'm having a pain flare. I may be slow to reply until it eases. It would help if*

What I agreed with my doctor or pharmacist for a flare, if anything

Numbers

My doctor or clinic _____ Pharmacy _____ Nurse or after-hours line _____

When it is not my usual flare

Pain that is new, different in kind, much longer than usual, severe and sudden, or getting worse quickly, or that comes with new symptoms: I contact my doctor, clinic or nurse line without waiting.

With back pain, the NHS says to call 999 or go to A&E for: pain, tingling, weakness or numbness in both legs; loss of feeling around the genitals or anus; changes in the bladder or bowels, such as difficulty peeing; changes in sexual feeling or function; chest pain; or pain that started after a serious accident.

In an emergency I call _____ (9-1-1 Canada and US, 999 UK) or go to the emergency department.

Signs my doctor told me to watch for _____

After a flare

It lasted about _____ Next time I would change _____