

## Am I having a relapse?

This is to help you record information about how you are feeling to share with your doctor, to help you understand your symptoms and look for patterns. Everyone is different and it can be difficult to recognise a relapse.

Symptoms associated with a relapse may include fatigue, pain, muscle stiffness or spasms, balance problems, weakness, numbness and tingling, or both, bladder and bowel problems; changes to vision, changes to thinking and memory, coordination issues.

You may have new symptoms, or symptoms you have previously experienced may worsen during a relapse. They may appear slowly or suddenly. It is important to inform your doctor about your symptoms, so they can offer advice and treatment if necessary.

Use this form and the symptom diary on the previous page to help you assess whether you may be having a relapse.

### How are you feeling today?

Date .....

<b>Did you sleep well last night?</b>	Y / N Hours? ..... Interrupted or constant?
<b>Do you / could you have an infection?</b>	Y / N Cough / cold / bladder infection? Other? Not sure

<b>If you feel unwell, when did this start?</b>	Date .....
<b>If you take a disease modifying treatment (DMT), did you take it yesterday?</b>	Y / N DMT Name
<b>Are you taking another other medication?</b>	Medication Name .....
<b>If applicable</b> <b>Where are you in your menstrual cycle?</b>	I have my period now I am due my period in a few days I am mid-cycle Not sure
<b>Have you recently given birth?</b>	0-3 months ago 3-6 months ago 6-12 months ago
<b>If yes, are you breastfeeding?</b>	Y / N

To download the 'Symptom diary' and the 'Am I having a relapse?' document, please see the following links to our website

[www.ms-uk.org/sites/default/files/SymptomDiary.pdf](http://www.ms-uk.org/sites/default/files/SymptomDiary.pdf)

[www.ms-uk.org/sites/default/files/Amlhavingarelapse.pdf](http://www.ms-uk.org/sites/default/files/Amlhavingarelapse.pdf)