

AS / axSpA Appointment Script

Use this as a prompt. Bring it to a clinician.

1. MY BACK OR BUTTOCK PAIN PATTERN

- Started before age 45: yes / no
- Lasted longer than 3 months: yes / no
- Worse after rest or in the second half of the night: yes / no
- Better with movement: yes / no
- Morning stiffness >30 minutes: yes / no

2. SYMPTOMS THAT MAY MATTER

- Painful red eye, light sensitivity, or vision changes:
- Psoriasis:
- Inflammatory bowel symptoms:
- Heel, rib, hip, shoulder, or tendon pain:
- Family history of AS, psoriasis, IBD, or unexplained inflammatory back pain:

3. TESTS AND REFERRALS TO ASK ABOUT

- Does this pattern fit axial spondyloarthritis?
- Should I be referred to rheumatology?
- If X-ray is normal but symptoms fit, is MRI of the sacroiliac joints appropriate?
- Would HLA-B27, CRP, ESR, or other labs help interpret the full picture?

4. WHAT I NEED FROM THE VISIT

- A next step if the answer is 'not AS':
- A safety plan for eye symptoms, neurologic symptoms, fever / infection, or severe chest pain:

Never start, stop, or change treatment based on this template.