

Personal Questionnaire

Be prepared, take control

Good communication is vital, especially with your health care professional. They are relying on you and your symptoms to be able to help you manage your fibromyalgia pain, therefore when you communicate openly and descriptively it puts them in a better position to help.

Be prepared for the questions your doctor is going to ask, honestly answer these questions in advance so you can be ready to share more easily with your doctor.

Question 1:

Within the last week, how many times did pain or exhaustion cause you to abort your normal schedule? (Circle one)

1 2 3 4 5 6 7 8 9 10 other: ____

Question 2:

How often does the pain interfere with your ability to (Circle one per category):

Care for your family

Never **Occasionally** **Regularly** **Excessively**

Work

Never **Occasionally** **Regularly** **Excessively**

Enjoy social events

Never **Occasionally** **Regularly** **Excessively**

Concentrate

Never **Occasionally** **Regularly** **Excessively**

Do daily chores

Never **Occasionally** **Regularly** **Excessively**

Question 3:

What medications have you tried? (Please list all Rx and over the counter medications, including those not related to your fibromyalgia)

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____
9. _____	10. _____

Question 4:

When is the pain the greatest?
(Circle or check all that apply)

Morning	Midday	Afternoon	Evening
Night			
During/After strenuous activity			

Question 5:

Where is the pain the most extreme?