



## Am I having a relapse?

This diary 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.

The clinical criteria for diagnosing a relapse is that symptoms must last for more than 24 hours, and not be associated with a change in temperature - for example an increase in body temperature caused by an infection, or hot weather.

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.

### How are you feeling today?

Date: \_\_\_\_\_

Did you sleep well last night?	Y / N Hours? _____ Interrupted or constant?
Do you / could you have an infection?	Y / N Cough/cold/bladder infection? Other? Not sure
Are you experiencing a change in symptoms?	Y / N Describe:
If you feel unwell, when did this start?	Date / Time:
If you take a disease-modifying treatment (DMT), did you take it yesterday?	Y / N DMT Name:
Are you taking another other medication?	Medication Name:
If applicable: - Have you recently given birth?	0-3 months ago 3-6 months ago 6-12 months ago
- If yes, are you breastfeeding?	Y / N

## Symptom diary

Describe your symptom. What part of your body is affected?	Is this a new symptom? Or one you have experienced before? It is worse than previously experienced?	When did it start?	Is the symptom constant? What makes it better or worse?	How severe is the symptom?  5 is very severe and 1 is not severe