

How should I use this resource sheet?

Open in your usual PDF reader, click on the boxes to add your text, then save a copy!

This sheet helps you to make decisions about medications that are right for you. Use information provided by your healthcare professional to complete the sections, helping you to weigh up options.

It's important to list the potential benefits/pros and what the medication would be aiming to help. Make a note of any questions for your healthcare professional. This may include:

- How long it takes to get an improvement
- Any monitoring tests required
- Potential side effects
- Anything you need before starting the medication (e.g. tests, vaccines)
- Potential considerations if you're planning to start a family

Who can help me complete this record?

Ask your healthcare professional to help you fill in this sheet. This could be your rheumatologist, rheumatology nurse, GP, pharmacist, or another healthcare professional you see for your axial SpA.

Where can I learn more about medications for axial SpA?



For detailed information about medications used to treat axial SpA, scan the QR code or visit <https://nass.co.uk/managing-my-as/medication/>

<https://nass.co.uk/about-as/your-space/>

Making medication decisions

Axial SpA
works silently.
We don't.

Use this resource sheet to help you make decisions about your medication options.

What issues(s) are you looking to improve?

What medications are under consideration?

Potential pros

Potential cons

What questions do you have? What do you need to ask your healthcare professional?

Tracking medication

Use this resource sheet to track when you take medication. Print copies as many times as needed.

Date	Time	Name of medication	Dose	Next due?	Any side effects	Notes