If you have sarcoidosis, it’s important that you talk openly with your doctor. Tell him or her about how you’re feeling. You might also discuss what you hope to get from managing your condition. The topics offered here may help you to communicate more clearly during doctor visits.

**TO PREPARE FOR YOUR APPOINTMENT**

**Be sure to arrive early**
This is very important, especially if you’re meeting with a new doctor for the first time.

**Identify yourself**
Remember to take all your insurance information and ID cards with you.

**Your former doctor is still important**
If you’re seeing a new doctor, contact your former doctor well in advance so he or she can share your past test results and other medical information.

**Don’t do it alone**
If you have a care partner, consider asking him or her to join you. Your care partner can help you prepare, and remember (or write down) any information your doctor gives you.

**ASK ABOUT YOUR TEST RESULTS**
(These are just a few examples of possible tests.)

- Chest X-ray
- CT scan
- Bronchoscopy (tissue biopsy)
- Pulmonary breathing test
- Blood tests
- Electrocardiogram (EKG or ECG)
- Mediastinoscopy
- PET scan
- Purified protein derivative
- Slit-lamp exam
Tell your doctor about any symptoms. If you already have a diagnosis, let him or her know if new symptoms have arisen. It's also important to inform your doctor if current symptoms have gotten worse.

**Let your doctor know if you are experiencing any of the following:**

### Lungs/heart:
- Shortness of breath
- Wheezing
- Dry cough
- Chest pain or chest discomfort
- Abnormal or fast heartbeat
- Fainting without warning

### Eyes:
- Burning/itching, tearing, or red eyes
- Eye sensitivity to light
- Seeing black spots
- Blurred vision or reduced color vision
- Dry eyes
- Reduced vision (or any vision loss)

### Skin:
- Painless rash on the skin
- Painful reddish bumps (on the skin near the nose, eyes, back, arms, legs, or scalp)
- Painful bumps on the ankles/shins
- Hair loss
- Unexplained itching
Head:
- Headaches
- Drooping of one side of the face

Extremities (arms/legs):
- Pain and swelling in joints (eg, ankles)
- Swelling in the legs
- Weakness/numbness or loss of movement in arms/legs
- Painful, bony lumps on the hands and feet

Other symptoms:
- Feeling of “pins and needles”
- Recurring fever
- Fatigue (tiredness)
- Pain below the ribs (upper-right part of the belly)
- Tenderness and/or swelling in the neck, chest, chin, armpits, or groin

Other symptoms worth noting:

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____________________________________________________________________________________________
ASK ABOUT YOUR OPTIONS

The questions below are a good way to begin a discussion with your doctor. Take them to your appointment. You needn’t ask any of the questions provided. They are suggestions, and not questions you have to ask. Pick and choose the questions that you feel are most important to you.

• How do I know if I have sarcoidosis?
• What can I expect if I am diagnosed with sarcoidosis?
• Are there any other doctors I should meet with?
• Is there a cure for sarcoidosis?
• Is sarcoidosis a type of cancer?
• Can my family get sarcoidosis from me?
• Is sarcoidosis a genetic disease? Can my children get it?
• Will sarcoidosis affect my pregnancy?
• Is my skin rash contagious?
• Do I need to protect myself from sunlight when I’m outside?
• Can sarcoidosis cause asthma or any other lung problems?
• Do I have to get rid of my pets if I have sarcoidosis?
• Do I need to restrict my level of exercise?
• Do I need to change my diet in any way?
• Will drinking alcoholic beverages affect my disease?
• How may sarcoidosis affect my life moving forward?
• Can you tell me about treatments that may be right for me?
• Where can I get more information about sarcoidosis?

If you have questions or concerns beyond what is provided in this guide, write them in the space below and take them with you to your next appointment:
TO PREPARE FOR YOUR APPOINTMENT

Take a pen to your doctor visit. Use this area to record anything you learn during the appointment:

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Mallinckrodt intends this document to be informative, but you should remember the contents are general in nature and not meant to substitute for specific advice from professionals that may be necessary based on your individual questions and needs. We have made reasonable efforts to provide helpful and accurate information, however we make no guarantees and you should not solely rely on the information included in this document.

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