

Symptoms and Side Effects Checklist

Consider completing this checklist regularly to help you monitor changes in your symptoms or side effects. You may wish to share this with the doctor who treats your PD. The information may help you better manage these symptoms or side effects. In the first column, indicate any PD symptoms or side effects you experience occasionally or on a regular basis. In the second column, indicate any symptoms or side effects that interfere with your daily life or present particular difficulty for you.

Mild	Troublesome	
		Bladder urgency
		Blurred vision
		Confusion
		Constipation
		Depression — feelings of sadness anxiety or fear
		Difficulty blinking
		Difficulty rising from a chair
		Difficulty swallowing
		Difficulty turning in bed
		Dizziness
		Drowsiness
		Dry mouth
		Dry skin or dandruff
		Dyskinesia — abnormal, rapid, involuntary movement
		Fatigue
		Freezing of gait
		Hallucinations
		Headache
		Heartburn
		Joint pain
		Lethargy
		Loss of appetite
		Loss of facial expressions
		Loss of sense of smell
		Low blood pressure
		Mild changes in memory/concentration or slowed thinking
		Nausea
		Rapid heart rate
		Reduced speech volume and clarity
		Reduced swinging of arm on one or both sides
		Restless legs
		Sexual dysfunction
		Shuffling gait
		Sleep disturbances
		Small, cramped handwriting
		Urinary retention