

Doctor visit prep worksheet

Use this before a same-day diagnostic visit, first planned gout visit, prevention review, repeated-flare visit, unclear-diagnosis visit, or medication review.

Do not include names, photos, addresses, clinician names, account details, or clinic identifiers unless you need them for your own private record.

Same-day routing check

Mark any that apply:

- First hot, swollen joint or first possible gout flare
- Fever, chills, wound, spreading redness, or concern for infection
- Trauma, fall, puncture, or injury
- Severe illness, immune suppression, or high-risk medical context
- Pattern is not normal for me
- Pain is extreme, rapidly worsening, or the joint cannot be used

If any are checked, this may be a same-day evaluation issue.

Visit type

- Same-day diagnostic visit
- First planned gout visit
- Prevention review
- Repeated-flare review
- Medication or lab review
- Unclear diagnosis or new pattern

Main decision I need from this visit:

Pattern summary

- Flare count in the period I care about:
- Approximate flare dates or date ranges:
- Joints affected:
- Same-joint recurrence:
- New joints or new symptoms:
- Baseline pain or function limits between flares:
- Lingering swelling, heat, stiffness, or sensitivity:

Rescue response

Rescue tool	When used	Helped?	Side effects or problems
Prescription rescue plan			
OTC medication			
Cold, elevation, pressure relief, footwear, or rest			
Topical, supplement, cannabis product where legal, or sleep aid			

Labs and monitoring

Lab or value	Value	Date or approximate timing	During flare, after flare, or between flares?	Notes
Serum urate or uric acid				
Creatinine or eGFR				
Other relevant lab				

Questions:

- Should serum urate be repeated after the flare settles?
- What serum urate target are we treating to?
- What labs should be monitored, and when?

Changes since the pattern started

- Medication changes:
- Supplement changes:
- Hormone context or hormone medication changes:
- Diet, alcohol, concentrated fructose, fasting, or weight-change context:
- Training, travel, heat, dehydration, injury, or illness:
- New products, topicals, cannabis products where legal, or sleep aids:

Top questions

Choose the most important 3.

- 1.
- 2.
- 3.

Possible questions to use or rewrite:

- What is the working diagnosis, and what else should be considered?
- What serum urate target are we treating to?
- If my uric acid number was normal during a flare, should we repeat it after the flare settles?
- Do repeated flares, same-joint flares, or lingering swelling suggest imaging or tophi evaluation?
- Does baseline pain or function limit suggest joint damage, tophi, another diagnosis, or a prevention gap?
- What is my rescue plan for the next flare?
- What signs mean use the plan, step back, call, or seek same-day evaluation?
- If medication is started or changed, what should we monitor and when?

During the visit

- Diagnosis or working diagnosis:
- Urate target:
- Labs ordered:
- Imaging ordered:
- Medicine changes:
- Rescue plan:

- Activity boundary:
- Follow-up timing:
- Questions still unanswered:

After the visit

- What I am doing next:
- What I am tracking:
- When I should recheck labs:
- When to message or call:
- What to bring to the next visit:

Claude prompt

Help me prepare a de-identified gout doctor visit worksheet. Ask one question at a time. Do not ask