

Flare record worksheet

Use this during a flare, soon after a flare, or after a near-flare while the details are still fresh.

Do not include names, photos, addresses, clinician names, or account details unless you need them for your own private record. Use a record label instead.

Quick safety check

Mark any that apply:

- First hot, swollen joint or first possible gout flare
- Fever, chills, feeling very ill, 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, treat this as a same-day medical question, not just a familiar-flare record.

Record label

- Record label:
- Approximate date or date range:
- Time symptoms first appeared:
- Time pain made me act:
- Filled out during flare, soon after, or later:

Joint pattern

- Joint:
- Side:
- Same joint as before? yes / no / unsure
- Usual pattern for me? yes / no / unsure
- New symptom or new joint:
- Normal baseline for this joint:

Symptom climb

| Signal | At first notice | At action point | Peak | Now |
|--|-----------------|-----------------|------|-----|
| Pain 0-10 | | | | |
| Heat | | | | |
| Swelling | | | | |
| Redness | | | | |
| Stiffness | | | | |
| Touch sensitivity | | | | |
| Shoe, sock, bedding, or pressure intolerance | | | | |
| Walking or joint use | | | | |

Prior 48 hours

Check what changed. Leave guesses blank if you do not know.

- Alcohol:

- Concentrated fructose or unusually sweet drinks/foods:
- Dehydration, heat, sauna, sweating, or travel:
- Fasting, ketosis, rapid weight change, or skipped meals:
- Poor sleep or major schedule disruption:
- Illness, infection, vaccine, surgery, dental work, or injury:
- Hard exercise, long walk, new shoes, pressure, or mechanical stress:
- Medication change:
- Supplement change:
- Hormone context or hormone medication change:
- New product, topical, cannabis product, or sleep aid:
- Stress or recovery strain:
- No obvious change:

Rescue and response

Only record what you actually used.

| Intervention | Time used | Why used | Helped? | Side effects or problems |
|---|-----------|----------|---------|--------------------------|
| Clinician-written rescue medication | | | | |
| OTC medication | | | | |
| Cold, elevation, pressure relief, footwear, or bedding change | | | | |
| Topical or cannabis product where legal | | | | |
| Supplement or food experiment | | | | |
| Rest, hydration, sleep support, or activity step-back | | | | |

- Time to meaningful relief:
- What “meaningful relief” meant:
- What did not help:
- Anything that made it worse:

Rebound or lingering symptoms

- Did pain come back after improving? yes / no / unsure
- What happened before rebound:
- Next-morning response:
- Lingering heat, swelling, stiffness, or sensitivity:
- Function limits:

Labs, if available

- Serum urate or uric acid value:
- Date or timing relative to flare:
- Was this during flare, soon after flare, or between flares?

- Kidney function marker if known:
- Medication state at the time:

Clinician-ready summary

One paragraph:

Questions to bring forward:

- 1.
- 2.
- 3.

Claude prompt

I am filling out a de-identified gout flare record. Ask me one question at a time. Do not ask for m