

Lab tracker worksheet

Use this when one lab number is not enough. The timing, medication state, and flare context matter.

Do not include names, photos, addresses, clinician names, lab account numbers, or portal screenshots unless you need them for your own private record.

Record label

- Record label:
- Date range covered:
- Current plan or question:
- Target serum urate if known:

Lab log

Date or approximate timing	Serum urate or uric acid	During flare, soon after flare, or between flares?	Medication state	Kidney marker, if known	Context notes
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Context notes can include illness, dehydration, fasting, rapid weight change, heavy training, alcohol, diet change, travel, hormone context, or supplement changes.

Medication state

- Urate-lowering therapy used? yes / no / unsure
- Name and dose if you choose to record it:
- Recent start, stop, dose change, missed doses, or adherence issue:
- Flare-prevention medicine during transition, if any:
- Other medicines that changed:

Home meter cross-check, if used

- Meter or strip label:
- Strip expiration and storage:
- Testing timing:
- Lab comparison available? yes / no / unsure
- Difference between home value and lab value:

Trend notes

- Highest value:
- Lowest value:
- Values above target:
- Values near target:
- Values during or soon after flare:
- Values after medication change:
- Pattern I notice:

Questions for clinician

1. What target are we using?
2. When should serum urate be repeated?
3. Does timing relative to a flare change how we read this value?
4. What kidney markers matter for my medication plan?
5. What should trigger a dose, monitoring, or follow-up conversation?

Add your own:

- 6.
- 7.

Claude prompt

Help me review this de-identified gout lab tracker as a trend, not a single number. Ask one question