

Medication, supplement, and hormone change log

Use this when timing matters. A change can be useful, irrelevant, harmful, or just noise unless you record what changed and what signal you expected.

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

Boundary

Do not use this worksheet to start, stop, raise, lower, or replace prescription medication on your own. Use it to preserve the timeline and questions for the clinician conversation.

Record label

- Record label:
- Change category:
 - Prescription medication
 - OTC medication
 - Supplement
 - Hormone context or hormone medication
 - Cannabis product where legal
 - Topical, device, food, or other product
- Start date or approximate start window:
- Stop date or planned review date:

What changed

- Product, medication, or category:
- Brand or product label, if relevant:
- Dose, route, form, timing, or serving:
- Why it was changed:
- Who recommended or decided it:
- What else changed at the same time:

Evidence label

Choose one for supplements, products, cannabis products, foods, or devices:

- Current care
- Human gout data
- Human adjacent data
- Animal or lab mechanism
- Mechanism map only
- Personal experiment
- Research curiosity
- Unknown or unclear

Claim this change is supposed to affect:

- Urate burden
- Crystal context
- Immune activation
- Inflammatory signaling
- Joint protection

- Sleep or pain support
- Tracking
- Other:

Fit checks

- Kidney function or lab-monitoring issue:
- Medication interaction question:
- Glucose, blood pressure, bleeding, stomach, mood, sleep, fertility, pregnancy, or hormone-context issue:
- Legal or impairment issue:
- Skin, allergy, gut tolerance, or sensitivity issue:
- Clinician question:

Tracking plan

Signal	Baseline before change	What I will track	Review point
Pain or flare frequency			
Heat, swelling, stiffness, or touch sensitivity			
Serum urate or labs			
Sleep or next-day function			
Side effects or tolerance			
Rescue-plan use or rebound			

What happened

Date or approximate timing	What happened	Dose or use that day	Notes

Stop or step-back signal

- Stop or call now signal:
- Step-back signal:
- No-signal review point:
- Question to bring to clinician:

Claude prompt

Help me fill out a de-identified gout medication, supplement, and hormone change log. Ask one question