

Gout flare log

Name: _____

Get urgent care for a hot, swollen joint with fever, if you cannot bear weight, or if it is unlike your usual flares. Educational only; not medical advice.

DATE	JOINT(S)	HOW IT STARTED	WHAT CAME BEFORE (FOOD, DRINK, ILLNESS, NEW MEDICINE)	WHAT HELPED	CONTACTED CLINICIAN (WHEN)

Notes and questions for my next visit