

Questions for my clinician

Date: _____

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

1. **Which joint is this?** Is more than one joint involved? What do you think is going on?
2. **Could this be an infection, or something other than gout?** What would make you want me seen sooner?
3. **What is the plan for this flare?** If a medicine is part of it, which one, and what should I do if I cannot take it?
4. **What is the long-term plan, if I need one?** Is a urate-lowering medicine part of it, and how will we follow it with blood tests?
5. **What should I do if another flare starts, including at night or on a weekend?** Whom do I call? Do I keep taking a urate-lowering medicine I am already on?
6. **What should I avoid, or be careful with, given my other conditions and medicines?** Kidneys, stomach, bleeding risk, diabetes, heart problems, pregnancy, and anything I was told not to stop on my own.

Bring: when it started, fever or not, whether you can bear weight, past gout diagnosis, and the names of all medicines you take.