

Pseudogout Symptom & Flare Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms (check all that apply)

- Sudden joint pain
 - Severe pain in one joint
 - Swelling in one or more joints
 - Warmth or heat around the joint
 - Redness or skin discoloration over the joint
 - Stiffness
 - Trouble moving the joint
 - Pain with walking or bearing weight
 - Knee pain/swelling
 - Wrist pain/swelling
 - Ankle pain/swelling
 - Shoulder, hip, elbow, hand, or other joint pain
 - Fever or feeling unwell during flare
 - Recurrent attacks in the same or different joints
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Recent illness or infection
 - Recent injury or trauma
 - Surgery or medical procedure
 - Dehydration
 - High physical stress / overexertion
 - Missed medications
 - New medication or dose change
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

Long-term pseudogout / CPPD medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Hot, very swollen joint with fever
 - Sudden severe joint pain that is new or much worse than usual
 - Unable to bear weight or move the joint normally
 - Rapid worsening redness, warmth, or swelling
 - Concern for joint infection
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Symptoms becoming more frequent, lasting longer, or affecting more joints
 - Questions about medication safety, pregnancy planning, infections, or vaccines
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Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: rheumatologycareassociates.com

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest and protect the affected joint.
3. Use ice if it helps reduce pain and swelling.
4. Avoid putting extra weight on the joint until symptoms begin improving.
5. Stay hydrated and monitor for fever or worsening redness.
6. Track which joint is affected, how quickly symptoms started, and how severe they are.
7. Contact your rheumatologist if symptoms worsen or red-flag items are present.

Prevention tips:

- Keep a simple flare log (date, joint involved, severity, possible trigger, duration).
 - Stay hydrated and avoid joint injury when possible.
 - Report recurrent attacks or longer flares to your rheumatologist.
 - Keep regular follow-ups and discuss treatment options for frequent CPPD attacks.
 - Review medication side effects and other health conditions with your clinician.
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Need Help?

Emergency / urgent concerns:

[Call now: \(352\) 717-0603](tel:(352)717-0603)

Request appointment:

[Contact Form](#)

Visit website:

rheumatologycareassociates.com

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Pseudogout: [Visit our CPPD Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare, check symptoms and possible triggers.
3. Record medications and timing to help track response and severity.
4. Bring it to appointments so your rheumatologist can monitor flare patterns over time.

5. Call immediately for fever with a hot swollen joint, rapid worsening, or inability to bear weight.