

# Gout Flare Checklist

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

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## ✓ Flare Symptoms (check all that apply)

- Sudden severe joint pain
  - Swelling in joint (big toe, ankle, knee, other)
  - Warmth and redness around joint
  - Extreme tenderness (can't touch or move joint)
  - Fever or feeling unwell
  - Joint stiffness
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## ✓ Possible Triggers (in past 24-48 hours)

- Alcohol (beer, spirits, wine)
  - High-purine foods (red meat, organ meats, seafood)
  - Dehydration or illness
  - Recent injury or surgery
  - Started or stopped gout medication
  - Stressful event
  - Other: \_\_\_\_\_
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## ✓ Current Medications

Flare medications taken: \_\_\_\_\_

Dose and time: \_\_\_\_\_

Long-term urate-lowering medication: \_\_\_\_\_

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## When to Call Your Rheumatologist

- Severe pain not improving after 24 hours with treatment
  - High fever (>101°F / 38.3°C) with joint pain
  - Rapidly spreading redness or warmth
  - Unable to move the joint at all
  - Flares becoming more frequent
  - Side effects from medications
  - Questions about your treatment plan
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## Contact Information

### Rheumatology Care Associates

-  **Phone:** [Call \(352\) 717-0603](tel:(352)717-0603)
  -  **Email:** [Contact Us](#)
  -  **Address:** [2611 S US Hwy 27, Clermont, FL 34711](#)
  -  **Website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)
  -  **Book Appointment:** [Schedule Online](#)
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## Quick Action Plan

### During a flare:

1. Take prescribed flare medication as directed
2. Rest and elevate the affected joint
3. Apply ice (wrapped in towel) for 20 minutes
4. Stay well-hydrated
5. Avoid alcohol and high-purine foods
6. [Contact your rheumatologist](#) if symptoms worsen

### Prevention tips:

- Take urate-lowering medication daily as prescribed
  - Stay hydrated (8+ glasses of water daily)
  - Limit alcohol intake
  - Maintain a balanced diet low in purines
  - Maintain healthy weight
  - Keep regular follow-up appointments
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# Need Help?

## Emergency Contact:

- **Call now:** [\(352\) 717-0603](tel:(352)717-0603)
  - **Request appointment:** [Contact Form](#)
  - **Visit website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)
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*For educational purposes only. Always consult your healthcare provider for medical advice.*

**Learn more about gout:** [Visit our Gout Guide](#)

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## How to Use This Checklist

1. **Print this checklist** and keep it accessible
2. **During a flare**, check symptoms and triggers
3. **Record medications** and timing
4. **Bring to appointments** to help your rheumatologist track patterns
5. **[Call immediately](#)** if you experience any "When to Call" symptoms