Visiting the Doctor: GOUT CHECKLIST

Before the Appointment

- Date of first gout attack: ________________
- Date of most recent gout attack: ________________
- Length of most recent attack: ________________
- Number of flares in the past year: ________________
- Family history of gout: YES / NO (circle one)
- Current medications:

- History of other conditions: (circle all that apply)
  - kidney stones
  - kidney disease
  - diabetes
  - hypertension
  - heart disease

- Other: ________________
- Are you taking azathioprine for another condition? YES / NO (circle one)

During the Appointment

Share the information above with your doctor. Be prepared to ask them the following questions:

- What causes gout?
- What preventive and maintenance treatments are available? What are the side effects of these medications?
- What tests do I need to have done, and how often?
- What medications can I take during a flare?
- How can I check my uric acid level? Remember, if it’s over 6, you need a fix!
- What can I expect when I start a new treatment? Are there side effects?
- Does gout increase my risk of other health conditions?
- What support is available for gout patients?
- What is the uric acid level I should aim for?

After the Appointment

- Fill all prescriptions.
- Take your treatment as prescribed by your doctor.
- Keep track of your symptoms – a journal may be helpful in tracking symptoms and flares.
- If the current treatment isn’t working, tell your doctor.

GOUT SUPPORT GROUP of America
If It’s Over 6, You Need A Fix
goutsupportgroup.org