

Talk with your doctor about controlling gout

Gout is a type of arthritis that causes swelling and pain in your joints. Gout is sometimes hard to control. It can also be hard to describe your gout attacks (also called flares or flare-ups) to your doctor. This guide will help you talk with your doctor and make a plan to prevent and manage gout attacks. After all, you are the most important member of your healthcare team!

Get ready for your next doctor visit

- **Keep track of your gout symptoms below so you will be prepared to talk about them.**
- **Write down a list of questions to ask your doctor.** Consider the questions on the next page.
- **Bring a pen and paper to write down what your doctor said.** If you need help taking notes, ask your doctor to print out the important information for you.
- **Ask a friend or family member to go with you.** They can help you take notes and remember what the doctor said.

At your doctor visit

Tell your doctor about your symptoms

Describe your symptoms in as much detail as you can. Be open about your symptoms, even if you feel embarrassed—it helps your doctor give you the right care.

Gout symptoms tracker

- Number of gout attacks I have had since my last visit: _____.
- A gout attack usually lasts: _____ days.
- **I have gout in my:**
 - ☐ Hand
 - ☐ Ankle
 - ☐ Foot or toes
 - ☐ Knee
 - ☐ Elbow
 - ☐ Other: _____
- **My symptoms include:**
 - ☐ Pain
 - ☐ Swelling
 - ☐ Redness
 - ☐ Feeling warm to the touch
 - ☐ Stiffness
 - ☐ Other: _____
- **When I have symptoms:**
 - ☐ I can still do my daily activities.
 - ☐ I have trouble with my daily activities.
 - ☐ I cannot do my daily activities.



If you have trouble with your daily activities and need to take time off of work or school, remember to ask your doctor for a note.

Ask your questions

You may have limited time to ask all of your questions. Write a number next to each question to rank them from most to least important—start with 1 for the most important question that you want to ask first in case you run out of time.

If you are unable to print this guide, use a notebook or your phone to track your symptoms, write your questions, and take notes.

Questions to ask your doctor

☐ How are gout and kidney disease related?

☐ How can I lower my chance of future gout attacks and protect my kidneys?

☐ How can I reduce my gout pain and swelling?

☐ What is my uric acid level? If it is not in a normal range, what should I do? (Uric acid is a waste product in your blood.)

☐ What foods should I eat to help control gout? What foods should I avoid?

Other questions:

☐

☐

Check that you understand what your doctor said

Repeat what your doctor said back to them in your own words. **You can say:**

“I want to make sure I understand... (repeat the information). Did I get that right?”

Learn more about gout and kidney disease at [KidneyFund.org/gout](https://www.kidneyfund.org/gout)

Goutful.
Learn the truth about gout
and kidney disease.