



# Gout management plan

Name: \_\_\_\_\_

GP: \_\_\_\_\_

Phone: \_\_\_\_\_

## What causes gout?

Gout is a type of arthritis that is caused by too much uric acid building up in the body.

It is normal for the body to produce uric acid and pass it out in urine.

Uric acid may build up if you eat certain foods, take certain medications, or have kidney problems.

Allopurinol lowers uric acid. If you can keep your uric acid below 300  $\mu\text{mol/l}$  it will help to stop your gout attacks.

This may take six to twelve months of taking allopurinol every day.

## Help yourself to prevent gout attacks

### Eat regular meals

- Starving or feasting may cause gout attacks

### Avoid or limit food that can cause gout

- Red meat, shellfish, offal

### If you are overweight, losing weight can help to lower uric acid

- Eat smaller meals
- 30 minutes of physical activity daily

### Limit alcohol and sugary drinks

- This includes fruit juice
- Reduce beer intake as beer contains purines which your body converts to uric acid

*Adapted from a leaflet produced by the Dept of Rheumatology, Immunology and Allergy, Christchurch Hospital*

## Take allopurinol every day

Allopurinol tablets come in two strengths: 100 mg tablets and 300 mg tablets. Start at 100mg and build up as prescribed:

Weeks 1 – 4 \_\_\_\_\_ mg/day

Weeks 5 – 8 \_\_\_\_\_ mg/day

Weeks 9 – \_\_\_\_\_ mg/day

Continue on this dose.

## Allopurinol can trigger attacks of gout when you first start taking it.

If you get a significant rash or an itch, STOP allopurinol immediately and see your GP.

## Target uric acid: 300 $\mu\text{mol/l}$ or less

Your uric acid:	Date:
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____
_____ mmol/l	____/____/____

## Acute gout attacks

What to do in an acute attack of gout?

Keep taking your allopurinol! DON'T STOP.

- Rest and use ice packs
- See your doctor if no better after 24 h

You can take other medication to relieve the pain of acute attacks or to help prevent them from happening.

Your reliever medication is: \_\_\_\_\_

Dose: \_\_\_\_\_

Take: \_\_\_\_\_