

Patient sticker

Starting on allopurinol

Start at low dose and build up over a month

Your allopurinol doses are:

week 1 _____ mg a day
week 2 _____ mg a day
week 3 _____ mg a day
week 4 _____ mg a day

Allopurinol comes
in 2 strengths:

100mg tablets 300mg
tablets



Keep taking _____ mg a day long-term

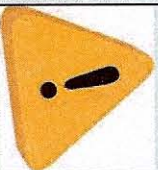
The usual allopurinol dose is 300mg a day

See your doctor urgently if you get a new skin rash

Allopurinol can trigger an attack when you first start it

Some protection taken every day will stop
this happening.

Your protection is _____



Allopurinol lowers uric acid

Gout attacks and gouty lumps (tophi) are caused by
too much uric acid in the body.

Target uric acid :

below **0.36**



Your uric acid :

If you can keep your uric acid below 0.36 *long-term*

you won't get attacks and your lumps will get smaller

Take allopurinol every day. If you don't, your uric acid
will rise and the gout will come back.

So before you run out of tablets, ask your GP for more

Get your uric acid checked every 6 months

What to do in an acute attack

- Keep taking your allopurinol **DON'T STOP**
- Take your reliever medicine _____
- Use rest and ice-packs to reduce the pain
- See your doctor if no getting better in 24 hours

HELP YOURSELF TO PREVENT GOUT ATTACKS

Eat healthy food regularly

Starving and feasting can both cause gout attacks



Lose weight if you are too heavy

- Choose healthy foods
- Eat smaller portions
- Get active for at least 20 minutes every day



Avoid alcohol / fizzy drinks

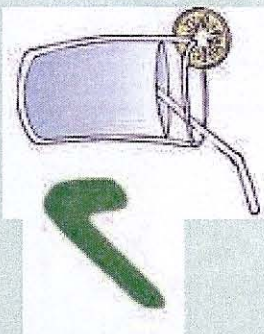
They can make gout worse



Drink no more than 2 glasses per week

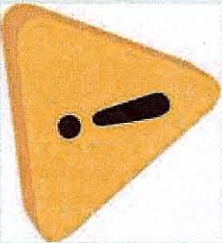
Drink water / skim milk if you're thirsty

Help flush the uric acid out of your body



Avoid foods that raise uric acid levels

These foods can trigger a gout attack



- Meat (beef, lamb, corned beef, mutton-bird)
- Offal (liver, kidney, tripe, tongue)
- Shell-fish (mussels, scallops, kina)
- Oily fish (sardines, mackerel)