

Patient sticker

## Starting on allopurinol

Start at a low dose and build up over a month

Your allopurinol doses:

week 1 \_\_\_\_\_mg a day

week 2 \_\_\_\_\_mg a day

week 3 \_\_\_\_\_mg a day

week 4 \_\_\_\_\_mg a day

Allopurinol comes in  
2 different strengths:

100mg      300mg  
tablets      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 & your lumps will get smaller.

Take allopurinol every day.

- If you don't, your uric acid will rise and the gout will come back.
- 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 not 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

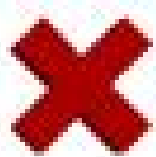


- Choose healthy foods
- Eat smaller portions
- Get active for at least 20 minutes every day

## Avoid alcohol / fizzy drinks



They can make gout worse



Drink no more than 2 glasses per week

## Drink water / trim 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)

Once your uric acid is below 0.36, you'll be able to enjoy small amounts of these foods again