

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 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 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)