


Allopurinol for gout (Say 'al-lo-pew-ri-nol')

Allopurinol is used to prevent gout attacks (flare ups).

Gout can cause sudden pain and swelling in your joints. It usually happens in the big toe, but can affect any joint.

 Allopurinol is available in 100 mg or 300 mg tablets.



www.healthify.nz/allopurinol

Gout happens when there's too much uric acid in your blood



Your kidneys usually filter extra uric acid into your urine (pee). If your body makes too much uric acid or your kidneys can't filter it, the excess builds up.



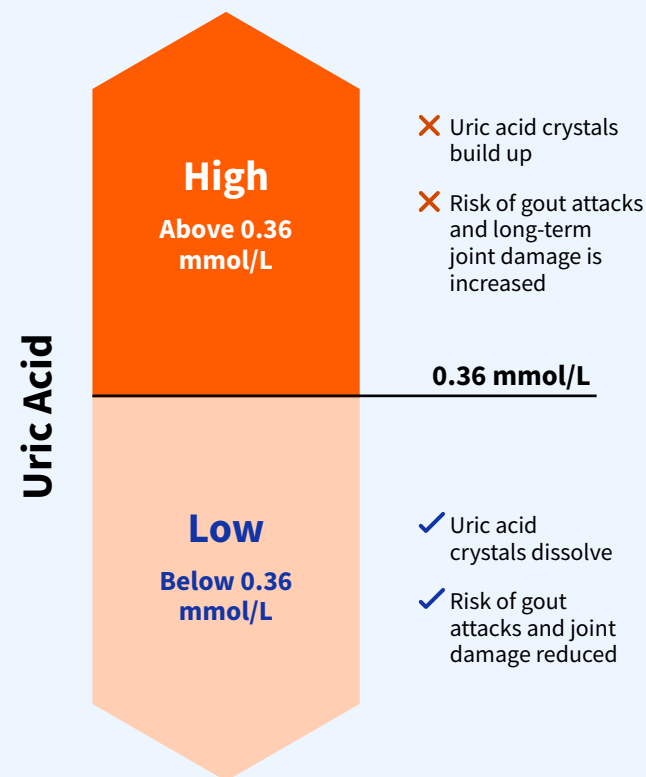
The extra uric acid can turn into crystals in your joints, causing pain and swelling. Over time this can damage your joints, bones and kidneys.



With each new attack, the size and number of crystals grow and can sometimes be seen as lumps under the skin (tophi).

Allopurinol reduces the amount of uric acid in your body. When taken every day, it dissolves the crystals, stops gout attacks and prevents long-term damage to your joints.

To stop gout attacks, keep your uric acid level below 0.36 mmol/L*



* If you have frequent gout attacks or tophi, keep your uric acid level below 0.3 mmol/L.



This factsheet is a brief summary. For more detailed information about allopurinol, visit: www.healthify.nz/allopurinol

Starting allopurinol

- Your healthcare provider will start you on a low dose (usually 50 or 100 mg once a day) to reduce the risk of side effects.
- They will slowly increase your dose, until your uric acid level is below 0.36 mmol/L.
- The usual long-term dose is 100 to 600 mg a day. Some people may need up to 900 mg daily.

You may have gout attacks when starting allopurinol

If this happens, it may feel like your gout is getting worse, but it's not. As allopurinol reduces the amount of uric acid your body makes, some of the crystals in your joints dissolve.



As the crystals dissolve, they can cause a gout attack.



To help you manage any gout attacks, you may be prescribed preventive pain relief such as low doses of colchicine, nonsteroidal anti-inflammatory drugs (NSAIDs) or prednisone, for up to 6 months.

If you have a gout attack

- Rest and raise the sore joint.
- Apply an ice pack for 10 to 15 minutes.
- Take medicine to help with pain and swelling. Ask your healthcare provider about this.



Notes

- Allopurinol doesn't treat pain and swelling from a gout attack – it helps to prevent the attack from happening.
- It's important to keep taking your allopurinol, even during a gout attack.

STOP

Allergic reaction

If you get a skin rash or itch – even if the rash is mild, **stop taking allopurinol** and contact your **healthcare team or Healthline on 0800 611 116** right away. This can develop into a severe allergic reaction.

 Use the dose table on the next page to record and keep track of your allopurinol dose.



Allopurinol is a long-term medicine

- To keep your uric acid level below 0.36 mmol/L, you will need to keep taking allopurinol every day.
- If you stop taking it, even for a few days, your uric acid levels will rise and crystals will form. This can cause a gout attack and joint damage.

My dose table

Week	Date starting from	My dose is (mg per day)
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		



Get your uric acid checked

- You will need regular blood tests to check your uric acid levels, to see if your allopurinol dose needs to be increased.
- It may take 6 to 12 months of taking allopurinol every day before your uric acid level is below 0.36 mmol/L.

My uric acid levels

Use this table to keep track of your uric acid levels.

Date	My uric acid level (mmol/L)
/ /	
/ /	
/ /	
/ /	
/ /	
/ /	



For more information about allopurinol visit www.healthify.nz/allopurinol