

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