**What to do in an acute attack**

Start taking your allopurinol

**DO NOT STOP**

- See your doctor if no getting better in 24 hours
- Use rest and ice-packs to reduce the pain
- Take your reliever medicine

Keep taking your allopurinol

Get your uric acid checked every 6 months

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

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

If you can keep your uric acid below 0.36 mmol/L you won’t get attacks and your limbs will get smaller.

**Your uric acid target: below 0.36 mmol/L**

Too much uric acid in the body:

Gout attacks and gouty lumps (tophi) are caused by

**Allopurinol lowers uric acid**

Your protection is not happening.

Some protection taken every day will stop it.

**Allopurinol can trigger an attack when you first start it**

Keep taking your allopurinol

**mg a day Long-term**

Start at low dose and build up over a month

Your allopurinol doses are:

<table>
<thead>
<tr>
<th>Week</th>
<th>mg a day</th>
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<tbody>
<tr>
<td>1</td>
<td>300 mg</td>
</tr>
<tr>
<td>2</td>
<td>300 mg</td>
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<tr>
<td>3</td>
<td>300 mg</td>
</tr>
<tr>
<td>4</td>
<td>300 mg</td>
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</table>

Your usual allopurinol dose is 300 mg a day.

See your doctor urgently if you get a new skin rash.

**Patient sticker**
Avoid foods that raise uric acid levels:
- Oily fish (sardines, mackerel)
- Shellfish (mussels, scallops, king)
- Offal (liver, kidney, tongue)
- Meat (beef, lamb, corned beef, mutton, bird)

Help flush the uric acid:
- Drink water / skim milk if you're thirsty
- Avoid alcohol / fizzy drinks

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

Lose weight if you are too heavy

Eat healthy food regularly

2 glasses per week
- Drink no more than
- They can make gout worse

Gout can both cause and react to:
- Starving and fasting
- Attacks

Help yourself to prevent gout attacks