

Gout — Your Long-Term Medicine

Allopurinol · Febuxostat · Colchicine

Your daily tablet: _____

Colchicine cover: _____ for the next _____ months

THE MOST IMPORTANT THING TO UNDERSTAND

Your daily tablet is not a painkiller. It slowly dissolves the uric acid crystals in your joints. It takes months to work, and you will not feel it working.

Keep taking it during an attack. Do not stop it, and do not start or change the dose yourself when a joint flares. Stopping and restarting makes attacks worse and longer.

ATTACKS MAY INCREASE IN THE FIRST FEW MONTHS — THIS IS EXPECTED

As the old crystals dissolve, they can trigger flares. This is a sign the medicine is working, not failing. That is why we give you colchicine cover for the first 3 to 6 months. Please stay with it.

IF YOU DEVELOP ANY SKIN RASH ON ALLOPURINOL — STOP IT AND CONTACT US THE SAME DAY

A rash can very occasionally be the first sign of a serious reaction. Do not wait to see if it settles, and never restart the tablet afterwards.

Colchicine

- Take it exactly as written. **Loose motions mean the dose is too high** — stop and contact us, do not push through it.
- Tell us if you take a cholesterol tablet (statin) or are prescribed an antibiotic — some combinations can damage muscle.

What you eat and drink

- **Alcohol, especially beer, is the strongest dietary trigger.** Cutting it makes a real difference.
- Limit red meat, organ meats (liver, kidney, brain), and shellfish.
- Avoid sugary soft drinks and packaged fruit juices — fructose raises uric acid.
- Drink plenty of water. Dairy and coffee appear to be protective.
- Losing excess weight lowers uric acid — but avoid crash dieting and fasting, which can trigger an attack.

This is a lifelong treatment, like blood pressure medicine. Gout is a metabolic condition, not just an occasional painful episode.

