My Gout Plan

Name: _____ Date: _____

Use this plan to keep track of the medicines you take for your gout, to record your uric acid levels (also called serum urate concentration) and to keep your health professionals up-to-date.

Remember that:

- The main cause of gout is genetics (family history). Kidney disease, excess body weight and some medicines can also contribute.
- Some foods and drinks can increase uric acid levels and trigger gout flares (attacks).
- To control your gout, you will need to **lower your uric acid levels** with long-term **urate-lowering therapy** (ULT).
- You will need a flare prevention medicine (e.g. colchicine) to stop more gout flares when starting and changing your ULT dose.

Urate-lowering therapy (ULT)

Tick the one you are prescribed

☐ **Allopurinol**

- Side effects are uncommon.
- If you develop a rash, stop taking immediately and see your doctor.

☐ **Febuxostat**

- For people who can't take allopurinol.
- Side effects are uncommon.

Getting to the right dose

Your ULT dose will increase over time until you reach your target

Date	**Dose** - how much to take
Stable dose (no more changes)	

Tracking my uric acid levels

Your ULT helps you achieve your target uric acid level

Blood test date	Level (mmol/L)
TARGET:	

Medicine to prevent a flare

Use as directed when starting or changing your dose of ULT

☐ **Colchicine** ☐ **Other**

MEDICINE NAME:

INSTRUCTIONS:

Medicine to treat a gout flare

Tick the one you are prescribed

☐ **Steroid** (e.g. prednisone, prednisolone)

☐ **Non-steroidal anti-inflammatory** (e.g. ibuprofen, celecoxib)

☐ **Colchicine**

MEDICINE NAME:

INSTRUCTIONS:

Make sure you:

- Do not stop or change the dose of your allopurinol or febuxostat.
- Speak to a healthcare professional before starting a new medicine to manage your gout.
- Stay hydrated by drinking enough water each day.

When to see your health professional

- If you have frequent gout flares (2 or more per year).
- If your flare pain does not improve with flare treatment.
- Trouble managing your gout medicines.
- Gout getting worse or stopping you working and doing day-to-day activities.

Learn more about

Gout and diet | What is gout? | Your medicines

For more information: arthritisaustralia.com.au

My GP: _____ My gout specialist (if you have one): _____

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