

## Advice on Medications

- Gout attacks can still occur while taking allopurinol or probenecid. For the first few months of starting uric acid-lowering medications, your doctor may prescribe one more pain-reliever to prevent flares.
- Consult your doctor immediately if you experience any allergic reactions such as skin rash, swelling of the face or hands and breathing difficulty.
- Generally, adverse reactions are mild and transient. If the side effects persist or become severe, stop the medication and consult your doctor.
- If you miss a dose, take it as soon as you remember. However, if it is almost time for your next scheduled dose, skip the missed dose and take the next dose as directed. Do not double the dose.
- Inform your doctor if you are pregnant, planning to become pregnant or breastfeeding.

- Tell your doctor or pharmacist about medications that you are taking, including prescription medicines, over-the-counter medicines and vitamins.

## Storage

Store the medications in a cool, dry place and away from direct heat and light. Generally, there is no need to store in the refrigerator unless stated on drug labels.

Store the medications out of reach of children.

This information leaflet is for reference only.

Medicines should be used as directed by the doctor and pharmacist.

For enquiry, please contact your doctor, dispensary staff or other healthcare professionals.

Do not share your medicine with others.

## General Knowledge on Gout Medications



# Gout

Gout is a form of joint inflammation caused by too much uric acid in the body. Small uric acid crystals form in the joints and cause sudden inflammation and pain. In severe cases, gout may lead to joint damage.

## Lifestyle Advice

- Drink least 2 litres of water per day to help remove uric acid from the body.
- Avoid drinking alcohol and restrict consumption of purine-rich food, for example, offal, shellfish and food high in fat.



- Maintain a healthy weight.

# Gout Medications

## Nonsteroidal Anti-Inflammatory Drugs (NSAIDs) (Indomethacin, Naproxen) and Oral Corticosteroid (Prednisolone)

They relieve pain and swelling during gout attack. Their effect is maximized if taken at the first signs of gout attack. Common side effects include gastrointestinal discomfort, diarrhoea, nausea, vomiting and headache.

## Colchicine

It relieves pain and swelling in gout. It is best taken at the first signs of gout attack. While taking colchicine, avoid eating grapefruit or drinking grapefruit juice. Common side effects include gastrointestinal discomfort, diarrhoea and vomiting.

**!** If diarrhoea or vomiting occurs, discontinue the medication.

## Uric acid-lowering medications (Allopurinol, Probenecid)

They lower uric acid level in the body in order to prevent gout flares. Common side effects include rash, nausea, vomiting, diarrhoea and headache.

**!** Rarely, a very serious skin reaction may occur while taking allopurinol. If you observe signs like red, swollen, blistered skin, red eyes, or sores in the mouth, throat or nose, stop the medication and seek medical help immediately.