

Gout guidance

I am writing as follow up from your examination and blood test. The results are in keeping with gout.

Gout is a condition where urate builds up and can suddenly deposit into a joint forming glass like crystals that cause pain and swelling and damage to the joint.

To prevent further damage to the joint we would recommend starting a preventative treatment. The preventative aims to help your kidneys get rid of urate better. However as starting this can cause a flare, we advise waiting 6 or more weeks since the last flare up.

The medication must be started slowly to reduce the risk of a flare up.

The preferred preventative drug is allopurinol started at 100mg once daily for 4 weeks increasing to 2 x 100mg once daily for 4 weeks. After 8 weeks since starting treatment, you should have a blood test to check your urate levels.

We also give a short-term drug to help reduce the risk of a flare called colchicine 500mcg twice daily for the first 56 days only.

Once we have rechecked your bloods at 8 weeks since starting treatment we can advise on any changes to the dose of allopurinol (please do not stop the allopurinol as this is a long-term preventative unless advised to do so, please allow 2 weeks for us to advise on any dose change).

The UK gout society (www.ukgoutsociety.org) has useful information on diet and gout and some changes in your diet can also be helpful in reducing your risk of a gout flare and I would recommend looking over their information leaflet on this.