

Gout Prevention Medication Plan:

The Gout Prevention Medication Plan is designed for the convenience of patients and their doctors in optimising pharmacological aspects of gout management.

Patient/Doctor Information Sheet

Target Serum Urate (☑): < 0.36mmol/L (no tophi)
 < 0.30mmol/L (tophi present)

Urate Lowering Medication (e.g., allopurinol, probenecid, febuxostat):

- *Allopurinol doses up to 900mg/day may be needed*
- *Up-titrate slower in patients with renal impairment*
- *If Asian ancestry (especially Han Chinese, Korean, Thai), increased genetic risk of allopurinol hypersensitivity; consider HLA-B*5801 testing & avoid if present (pathology cost may apply)*

Medication	Dose	How Often	How Long

Next blood test due:

Next appointment due:

Non-urate lowering Medication: (e.g., colchicine, NSAIDs, prednisolone)

Gout attack prevention

- *Take regularly till target achieved and attacks have ceased (often 6 months +)*

Medication:

Dosing:

Gout attack treatment

Medication:

Dosing:

NOTES:

- If you develop a rash with allopurinol (usually in first 3 months) STOP TAKING IT AT ONCE and seek urgent medical advice
- Follow your doctor’s advice on necessary blood tests and reviews
- Do not stop your urate-lowering medication in the event of an attack
- Treatment with urate lowering medication for gout is for life