

Gout Action Plan

Patient name: _____

Date: _____

Physician: _____ Phone: _____

Green Zone – no symptoms

- Dietary advice to prevent gout:
 - Limit purine-rich foods: red and white meat, fish, shellfish, alcohol.
 - Limit fruit and soft drinks rich in fructose and sucrose (blueberries, dried fruit, pears, apples are all high in fructose).
 - Emphasize dairy products and foods rich in vitamin C, such as citrus fruits. Cherry juice or cherries in particular can be helpful.
 - Stay hydrated
 - Uric acid lowering medicine, if prescribed by your doctor
 - Allopurinol _____ mg daily
 - Febuxostat / Uloric _____ mg daily
 - Probenecid _____ mg twice daily
 - Gout attack prevention medicine, if prescribed by your doctor
 - Colchicine/Colcrys 0.6 mg (may substitute Colchicine-Probenecid 0.5-500 mg) _____ daily
(Hold or reduce this medicine if diarrhea develops)
 - Ibuprofen/Advil/Motrin 200mg _____ pills _____ daily
 - Naproxen/Aleve 220mg _____ pills _____ daily
 - Prednisone _____ mg _____ pills _____ daily
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Yellow Zone – starting to notice symptoms of a flare

- Start treatment immediately! Take until symptoms are resolved for over 24 hours.
 - Ibuprofen/Advil/Motrin 200mg _____ pills every _____ hours
 - Naproxen/Aleve 220mg _____ pills every _____ hours
 - Colchicine/Colcrys 0.6mg two tablets once, one tablet 1 hour later, then one tablet daily for 5 days or until resolved; stop if you have diarrhea. May substitute Colchicine-Probenecid 0.5-500 mg.
 - Prednisone _____ mg _____ pills _____ daily
 - Do not stop your uric acid lowering medicine listed above
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Red Zone – Initial home treatment is not helping after 48 hours, or symptoms worsening

- Call your doctor for further instructions