

## Gout Action Plan

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Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

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### 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, and 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 \_\_\_\_\_ daily
  - Gout attack prevention medicine, if prescribed by your doctor
    - Colchicine/Colcrys™ 0.6 mg (may substitute Colchicine-Probenecid 0.5-500 mg) \_\_\_\_\_ daily  
Stop and discuss a lower dose with your doctor if you develop diarrhea.
    - 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 24 to 48 hours.
    - Ibuprofen/Advil™/Motrin™ 200mg \_\_\_\_\_ pills \_\_\_\_\_ daily
    - Naproxen/Aleve™ 220mg \_\_\_\_\_ pills \_\_\_\_\_ daily
    - Colchicine/Colcrys™ 0.6mg (may substitute Colchicine-Probenecid 0.5-500 mg) \_\_\_\_\_ pills once, \_\_\_\_\_ pill 1 hour later, then \_\_\_\_\_ pill daily for 5 days or until resolved.  
Stop and discuss a lower dose with your doctor if you develop diarrhea.
    - 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