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, 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

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

Red Zone – Initial home treatment is not helping after 48 hours, or symptoms worsening

- Call your doctor for further instructions