



# Take a Stand on Gout

## Gout Medications: DOs and DON'Ts

### DO:

#### **Take your medications as directed.**

You may be put on several medications for gout. Some ease pain and others lower uric acid level.

Continue to take your uric acid-lowering medication even if it causes flares early on.

#### **Begin flare medications at once.**

The sooner you begin taking medicine for a gout flare, the quicker it will resolve. If you have medication for gout flares on hand, begin taking them. If not, contact your doctor or go to an urgent care facility.

#### **Know your current uric acid level and your target uric acid level.**

Knowing your uric acid level is as important as knowing your cholesterol level. Changes to your medication will depend on it. Patients with high uric acid levels may need to be on a more aggressive medication schedule.



#### **Have a plan to handle the next gout flare.**

Talk to your doctor before your next flare strikes so you have a plan ready for managing the pain. Typically, you'll want to rest or elevate the affected joint.

### DON'T:

#### **Do not take aspirin for pain unless your doctor has put you on a low dose (75-325 mg per day) regimen for heart disease prevention.**

High-dose aspirin can abruptly change uric acid levels and make symptoms worse.

If you have any other medical conditions that require taking aspirin, let your doctor know what you are taking and why.

#### **Do not stop taking medications that your doctor has prescribed.**

Gout flares are common when starting urate-lowering therapy. This is a sign that the medication is working. Your body is trying to flush out the extra uric acid. If you are experiencing severe pain, talk to your doctor to create a pain plan.

#### **Do not try to push through the pain.**

Seek medical attention or begin flare reduction medicine as soon as the flare begins. It will help you on your path to managing gout. You do not want to experience unwanted pain and joint damage.



#### **Natural "cures" or treatments are rarely sufficient to treat high uric acid levels or gout flares.**

Just as gout has been around a long time, so have ideas about natural remedies or unproven therapies. Gout is a serious health condition that requires medical treatment.

Each patient will have a different experience with symptoms and have unique health and treatment needs. Do not base your treatment plan or your progress towards managing symptoms with unproven remedies.

If you are taking herbal or nutritional products, let your doctor know. These are rarely enough to help, but don't usually make things worse.

**For more information, talk to your doctor or visit [GoutEducation.org](http://GoutEducation.org)**