

GOUT ARTHRITIS

What to do next

1 Home (self care)

Rest; put your feet up; put an ice pack on the sore joint; continue taking all **your** prescribed medicines; take anti-inflammatory and pain relief as prescribed; talk to your pharmacist; make an appointment to see your GP.

2 General Practice (GP) or after hours care

See your GP to make an **action plan** to prevent future attacks; need a new script for your gout arthritis medication; need anti-inflammatory and/or pain relief; get a medical certificate if you can't go to work.



GOUT ARTHRITIS

Gout is a form of arthritis caused by having too much uric acid in your blood that your body cannot get rid of. It is hereditary and certain foods and drink can trigger an attack.

*The first attack usually affects the big toe or another part of the foot. An attack can last for seven to ten days if it is not treated. Medication can **stop** attacks from occurring.*

What to do

- Keep taking your prescribed medication every day.
- Rest, put your feet up and ice your sore joint.
- Protect your joint so people won't bump into you.
- Put a chair beside the bed to hold up the sheets and blankets so they don't press on your sore joint.
- Wear shoes or slippers that don't hurt your joint.
- Drink plenty of water.
- Do not exercise during an attack.
- **Watch what you eat and drink**
Certain foods can trigger an attack, such as; seafood, pork, sugary drinks, alcohol, tomatoes (foods high in purines). This is different for everyone.

When to get help

Call your GP or go to an after-hours clinic if you:

- need anti-inflammatory and pain relief
- need more of your gout arthritis medication
- are taking your medicine and **still** getting attacks
- want to make an **action plan** with the GP to stop future attacks.

Please note:

If gout arthritis is not treated, it can cause permanent damage to your joints and harm your kidneys. If your doctor has prescribed gout arthritis medication, you need to take it every day and get your uric acid levels tested regularly to make sure you are on the right dose.

For more information call Healthline:
0800 611 116, Arthritis NZ: **0800 663 463**
or visit healthnavigator.org.nz.