

NIPAWIN HOSPITAL

GOUT

DESCRIPTION:

Gout is a disease in which excessive blood uric acid levels results in deposits of uric acid in and around joints.

INSTRUCTIONS:

- Eat a nutritious diet. Drink 8 to 10 glasses of fluid daily. Avoid use of food high in purine such as organ meats (liver, heart, tongue, kidney), sweetbreads, anchovies, sardines, meat extracts, beans, mushrooms, peas, spinach, beer, alcohol in excessive amounts.
- Regular exercise when symptoms have subsided.
- Achieve and maintain a satisfactory state of physical fitness.
- Try to avoid any extra strain on recently inflamed joint.
- Avoid taking over the counter medication without checking with your physician.
- Take medication as ordered.

SYMPTOMS TO REPORT TO YOUR DOCTOR: (May be side effects from your medication)

- Elevated temperature
- Skin rash
- Sore throat
- Red tongue or bleeding gums
- Diarrhea or vomiting
- Also report recurrence of symptoms.