



Patient Information

GOUT

St. John Hospital
Vanderhoof, BC

250-567-2211

GOUT

Gout is caused by a build-up of uric acid crystals in the joints. Uric acid is a waste product that is usually passed with the urine, but it can also build up in the blood and settle in the joints. The joint(s) is(are) usually painful, swollen and tender. The skin over the joint(s) looks(look) red, hot, shiny, and dry. Gout usually happens in the big toe, but it can also occur in the hands, feet, elbow, knees, ankles and shoulders.

Instructions

1. Do not take aspirin to relieve pain because it slows down the passage of uric acid through the urine. You may take Tylenol or Ibuprofen.
2. You may put warm or cold cloths on the area.
3. You may find it more comfortable to keep the weight of sheets or blankets off the area by making a frame to drape the sheets over.
4. Drink 8 to 10 glasses of water, cranberry juice or other liquids every day.
5. Avoid alcohol.
6. Avoid eating large amounts of meat.
7. Take medications as directed by your doctor.
8. **Contact your family doctor or the Emergency Department if:**
 - you develop a fever
 - you develop diarrhea or vomiting
 - you do not feel better in 3 days
 - you develop a rash, sore throat, red tongue or bleeding gums
 - you have increased swelling or sudden weight gain
9. Follow-up with your family doctor as directed.