Gout

Gout is caused by a buildup of uric acid crystals in the joints. The crystals make your joints sore. This is like having sand in your joints. Repeat attacks are common.

HOME CARE

- **Do not** take aspirin for pain.
- Only take medicine as told by your doctor.
- You may use cold treatments (*ice*) on painful joints.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 30 minutes at a time, 3 to 4 times a day.
- Rest in bed as much as possible. When in bed, keep the sheets and blankets off your sore joints.
- Keep the sore joints raised (*elevated*).
- Use crutches if your legs or ankles hurt.
- Drink enough water and fluids to keep your pee clear or pale yellow. This helps your body get rid of uric acid. **Do not** drink alcohol.

GET HELP IF:

- You have a temperature by mouth above 102° F (38.9° C).
- You get watery poop (*diarrhea*).
- You are throwing up (*vomiting*).
- You do not feel better in 1 day or are getting worse.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your joint hurts more.
- You have the chills.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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