Te Whatu Ora
Health New Zealand
Waitaha Canterbury

ALLOPURINOL

al-oh-pure-ih-nol

What does it do?

Allopurinol is used to prevent gout and kidney stones. It is also sometimes used for other conditions. It reduces the amount of uric acid made in your body.

Before you start

- Tell your doctor if you have kidney or liver problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *allopurinol* regularly as directed with a glass of water. You can take it with or without food.

Gout can sometimes flare up when you start taking *allopurinol*. Your doctor may prescribe another medicine to prevent this. Keep taking *allopurinol* during a gout attack. Stopping the tablets suddenly is likely to make your gout worse.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Skin rash, skin peeling or blisters	Stop taking and see your doctor immediately
Symptoms of liver problems including: yellow skin or eyes, itching, dark urine, pale bowel motions, abdominal pain	Tell your doctor immediately
Stomach upset	Tell your doctor if troublesome
Skin rash	This can occur in the first few weeks. Rarely, this may be serious. Ring your doctor to check

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- You will need regular blood tests while taking *allopurinol* to make sure you are on the right dose, and to check if it is causing problems with your kidneys or liver.
- Make sure you drink enough fluid each day to help prevent kidney stones.