





















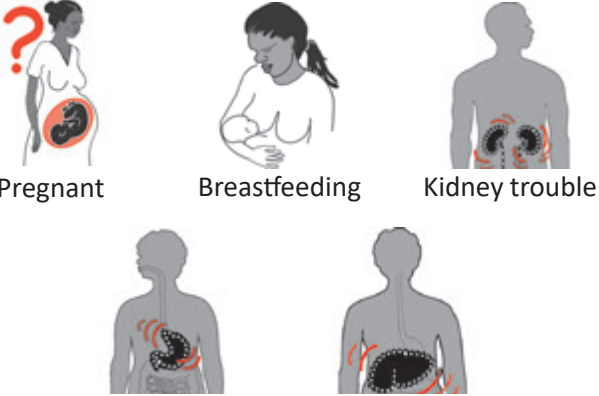






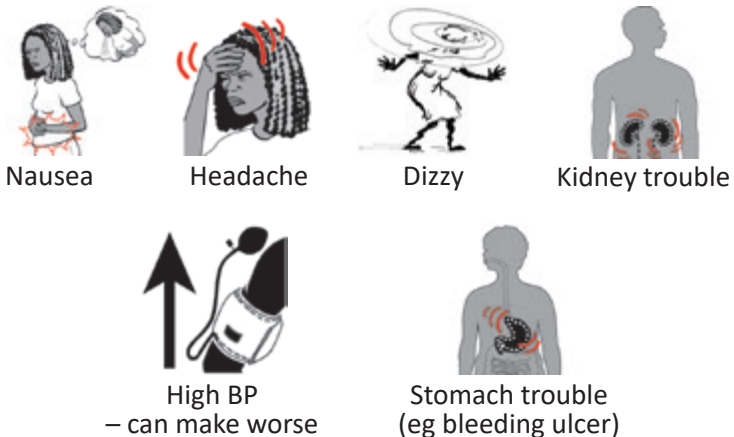
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| <p>Active ingredients (generic names)</p> | <p>ALLOPURINOL (al-o-pure-i-nole) Common brands include: <i>Allosig, Progout, Zyloprim</i></p>  |
| <p>What it is used for</p> | <ul style="list-style-type: none"> • Preventing gout attacks. Not a treatment for gout |
| <p>How it works</p> | <ul style="list-style-type: none"> • Gout is caused by buildup of uric acid in joints • Long-term use of allopurinol prevents gout attacks by reducing the amount of uric acid made by body  |
| <p>Side effects</p> | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Itchy rash</p> </div> <div style="text-align: center;">  <p>Nausea and vomiting</p> </div> <div style="text-align: center;">  <p>Dizzy</p> </div> </div> |








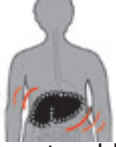








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|  <p>Warnings</p> | <ul style="list-style-type: none"> • Do not start (or restart) during gout attack, but may be continued if patient already taking regularly <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pregnant</p> </div> <div style="text-align: center;">  <p>Old people</p> </div> <div style="text-align: center;">  <p>Kidney trouble</p> </div> </div> <p>Interactions — Do not use together without medical consult</p> <p>ALLOPURINOL with:</p> <ul style="list-style-type: none"> • Amoxicillin • Ampicillin • Azathioprine • Thiazide diuretics |
|  <p>Tell the patient</p> | <ul style="list-style-type: none"> • If you stop tablets you will need to start again at low dose (starting at high dose may cause gout attack) • If you have not taken them for a while and you get a gout attack do not take these tablets. Talk to doctor or clinic about different medicine until attack settles down <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Take with food or milk</p> </div> <div style="text-align: center;">  <p>Do not stop taking medicine – take as instructed to stop symptoms coming back</p> </div> <div style="text-align: center;">  <p>Do not drive or operate machinery if dizzy or faint</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Drink lots of water – helps stop build up of uric acid, can prevent kidney stones</p> </div> <div style="text-align: center;">  <p>Return to clinic if you get a rash, swollen lips or mouth, or fever OR sore throat that doesn't go away – stop taking medicine</p> </div> </div> <p>Warning stickers (p298): 12, B</p> |
| <p>Check</p> | <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>Check liver function tests (LFT). Check uric acid levels 4 weeks after starting medicine or changing dose, then every 6 months</p> </div> </div> <p>Blood test</p> |





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| <p>Active ingredients (generic names)</p> | <p>COLCHICINE (col-chi-seen) Common brands include: <i>Colgout, Lengout</i></p>  |
| <p>What it is used for</p> | <ul style="list-style-type: none"> • Pain in gout attacks if NSAIDs (p222) can't be used • Preventing gout attacks |
| <p>How it works</p> | <ul style="list-style-type: none"> • When uric acid builds up in joints, the body sometimes reacts with pain, swelling, redness • Colchicine stops this reaction to uric acid to prevent or treat a gout attack  |
| <p>Side effects</p> | <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  <p>Diarrhoea – if dose too high</p> </div> <div style="text-align: center;">  <p>Nausea</p> </div> <div style="text-align: center;">  <p>Abdominal pain</p> </div> </div> |






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|  <p>Warnings</p> |  <p>Pregnant Breastfeeding Kidney trouble</p> <p>Stomach trouble Liver trouble</p> |
|  <p>Tell the patient</p> | <p>Interactions — Do not use together without medical consult</p> <ul style="list-style-type: none"> Colchicine interacts with a lot of different medicines — always check with doctor or pharmacist before adding another medicine <ul style="list-style-type: none"> When using for gout attack, do not take more than 3 tablets in any 3 day period. Stop for 3 days in between courses Do not drink grapefruit juice — can increase amount of medicine in your blood and chance of getting side effects Do not take more than 1 aspirin tablet a day unless doctor tells you to  <p>Return to clinic if you get diarrhoea — stop taking medicine</p> |
| <p>Check</p> |  <p>Blood test</p> <p>If using for prevention — check uric acid Check FBC before starting medicine, after 1 month and 6 months, then once a year</p> |

Musculoskeletal

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| <p>Active ingredients (generic names)</p> | <p>IBUPROFEN (i-bu-pro-fen) Common brands include: <i>Brufen, Nurofen, Rafen</i></p> <p>INDOMETACIN (in-doe-met-a-sin) Common brands include: <i>Arthrexin, Indocid</i></p>  <p>Other NSAIDs (Cox 1 and Cox 2 inhibitors) Not included in this monograph — see individual monograph or <i>AMH</i> for information:</p> <ul style="list-style-type: none"> • Aspirin (p86) • Celecoxib • Diclofenac • Ketoprofen • Ketorolac • Mefenamic acid • Meloxicam • Naproxen • Piroxicam • Sulindac • Tiaprofenic acid |
| <p>What it is used for</p> | <ul style="list-style-type: none"> • Dental pain (ibuprofen) (CARPA STM p337) • Fever • Gout (indometacin) (CARPA STM p371) • Kidney stone (renal colic) • Mild to moderate pain (CARPA STM p381) <ul style="list-style-type: none"> ◦ Can be used with other pain medicines (eg morphine, paracetamol) • Period pain (ibuprofen) • Stopping labour (indometacin) • Swelling and inflammation in arthritis, sprains and injuries <ul style="list-style-type: none"> ◦ Gels can be used as rubbing medicine |
| <p>How it works</p> | <ul style="list-style-type: none"> • Prostaglandins in body cause redness, swelling (inflammation), pain at site of injury. NSAIDs stop body making prostaglandins |
| <p>Side effects</p> |  <p>Nausea Headache Dizzy Kidney trouble</p> <p>High BP – can make worse</p> <p>Stomach trouble (eg bleeding ulcer)</p> |

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|  <p>Warnings</p> | <ul style="list-style-type: none"> • People who get asthma when they take aspirin <div style="display: flex; justify-content: space-around; text-align: center;"> <div> Pregnant</div> <div> Old people</div> <div> Heart trouble</div> <div> Kidney trouble</div> </div> <div style="display: flex; justify-content: space-around; text-align: center;"> <div> High BP</div> <div> Medical consult if needed for more than a short time</div> <div> Liver trouble</div> <div> Stomach trouble or ulcer before</div> </div> |
| | <p>Interactions — Do not use together without medical consult</p> <p>NSAID with:</p> <ul style="list-style-type: none"> • ACE inhibitor • ARB • Alendronate • Diuretics • Lithium • Warfarin <div style="border: 1px solid black; padding: 5px; display: inline-block;">  <p>Triple Whammy!</p> </div> <p>ACE inhibitor/ARB + diuretic + NSAID</p> <p>Dangerous medicine combination that can cause kidney failure. Tell patients taking ACE inhibitor or ARB and diuretics not to take NSAIDs</p> |
|  <p>Tell the patient</p> | <ul style="list-style-type: none"> • Use lowest dose for shortest period of time • OK to take with low dose aspirin (p86) <ul style="list-style-type: none"> ◦ Separate by 30 minutes <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Return to clinic if needed for more than a short time <i>OR</i> very dark/blood-coloured vomit or faeces, swollen ankles, trouble breathing <i>OR</i> chest pain, irregular heart beat, sore leg veins and feel faint (CV adverse effects)</p> </div> <div style="text-align: center;">  <p>Take with food or milk</p> </div> <div style="text-align: center;">  <p>Do not drive or operate machinery if sleepy</p> </div> </div> |
| | <p>Warning stickers (p298): 10a, 12, 19b, B, indometacin also A</p> |
| <p>Check</p> | <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  <p>Blood test</p> </div> <div style="text-align: center;"> <p>If using for a long time – check kidney function (UEC), liver function tests (LFT), FBC potassium level before starting medicine, then at least once a year</p> </div> <div style="text-align: center;">  <p>BP</p> </div> </div> |

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| <p>Active ingredients (generic names)</p> | <p>RUBBING MEDICINE</p>  <p>Usually contains eucalyptus and/or methyl salicylate.</p> |
| <p>What it is used for</p> | <ul style="list-style-type: none"> • Pain of strains or sprains — start applying on day 3 after injury |
| <p>How it works</p> | <ul style="list-style-type: none"> • Mildly irritates skin to give a feeling of warmth or coolness to sooth pain  |
| <p>Side effects</p> |  <p>Itch, burning</p>  <p>Rash</p> |

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|  <p>Warnings</p> | <ul style="list-style-type: none"> • Do not use in first 2 days after injury — apply on day 3 • Use RICE (rest, ice, compression, elevation) for first 2 days — see <i>Joint sprains</i> (CARPA STM p373) <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Allergic to aspirin or NSAIDs (methyl salicate)</p> </div> <div style="text-align: center;">  <p>Medical consult if needed for more than a short time</p> </div> </div> |
|  <p>Tell the patient</p> | <ul style="list-style-type: none"> • Keep away from eyes and face • Do not use on broken skin • Works better if massaged in <div style="text-align: center;">  <p>Wash hands after rubbing in</p> </div> |
| <p>Check</p> | |