



NMS Medicines List - Pharmacy staff guide

Please ensure you have familiarised yourselves with the new categories of drugs that have been added to the NMS as part of the NMS expansion scheme from September 2021. Some of these medications have multiple uses. The pharmacist will discuss with the patient regarding what they are using it for.

Gout



The following are the most common drugs for gout that you will see being highlighted by the PMR:

- **Allopurinol**
- **Colchicine**
- **Febuxostat**
- **Sulfinpyrazone**
- **Benzbromarone**

Self-help Counselling Points (Gout)

- ▶ Keep the area cool
- ▶ Rest and elevate the affected joint
- ▶ Avoid trauma to the affected joint
- ▶ Keep the joint exposed and in a cool environment.
- ▶ Use a bed cage and ice packs.
- ▶ Avoid or limit alcohol
- ▶ Drink plenty of water
- ▶ Lose excess weight or maintain a healthy weight
- ▶ Consider taking vitamin c supplements
- ▶ Avoid excessive consumption of foods rich in purines (such as liver, kidneys, and seafood), limit consumption of sugary drinks and snacks
- ▶ Avoid drug-induced gout: diuretics (Inc. thiazide), B-blockers, ACE inhibitors and non-losartan angiotensin II receptor blockers increase serum urate

