

What Dietary Changes Should I Make?

- Avoid grapefruit or grapefruit juice as it may increase the level of Colchicine in your body and side effects of Colchicine.

For Gout:

- Avoid alcohol intake as it may increase the uric acid level in your blood, triggering new gout attacks.
- Reduce intake of food and beverages with high sugar (fructose) content (e.g. soft drinks) and food that is high in purine content (e.g. organ meats).

Are There Any Special Precautions That I Need to Take?

- Do inform your doctor if you intend to conceive or breastfeed while taking this medication.
- The effect of Colchicine on an unborn foetus is not well-understood. Discuss with your doctor if you are pregnant or are planning to conceive.
- Colchicine may reduce sperm count. It is usually reversible once medication is stopped. Discuss with your doctor if you intend to start a family.
- Inform your doctor if you have any liver or kidney problem as the dosage of Colchicine may need to be adjusted.

How Do I Store Colchicine?

- Colchicine should be stored in the original packaging and protected from light. Store it in a cool, dry place away from heat, moisture and direct sunlight.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

If you have any problem with your treatment, please contact your **doctor, pharmacist or rheumatology nurse clinician**.

Please keep all medications out of reach of children.



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PHARMACY

Drug Information

Colchicine



What Is Colchicine?

- Colchicine is a medication used for the treatment or prevention of gout attacks, a condition where your body produces a high level of uric acid (waste product). It works by reducing the pain and swelling of gout attacks.
- Apart from gout, Colchicine is also used in the treatment of other inflammatory conditions, including familial Mediterranean fever.

How Is Colchicine Taken?

- The Colchicine tablet is taken through the mouth, with or after food to reduce stomach upset.
- If you are taking Colchicine for other medical conditions, please follow your doctor's instruction.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Do not double the dosage to make up for the missed dose.
- For gout prevention: Take Colchicine regularly as prescribed by your doctor. A typical dose for Colchicine is 500 micrograms (mcg) once to twice daily. It may be reduced if you have impaired kidney function.
- You may stop taking Colchicine when your condition has improved, depending on your doctor's advice.
- For acute gout attacks: A higher dose of Colchicine is usually needed for a short duration. It should be started at the first sign of an attack as it is most effective when taken within the first 24 hours of an attack.
- Pain relief usually occurs within 12 hours, and symptoms generally improve within 24 hours. Stop taking Colchicine as soon as the pain is relieved or at the first sign of nausea, vomiting, abdominal pain or diarrhoea. Do not exceed the dose prescribed by your doctor.

Can Colchicine Be Taken with Other Medications?

- Colchicine may be taken with painkillers, non-steroidal anti-inflammatory drugs (NSAIDs), steroids and other gout medications (e.g. Allopurinol and Probenecid).

- If you are taking other regular gout medications, continue them while on Colchicine for an acute gout attack or as advised by your doctor.
- Some medications such as **cholesterol-lowering medicines** (e.g. simvastatin, atorvastatin, fenofibrate), **medicines for heart conditions** (e.g. verapamil, diltiazem, amiodarone) and **anti-fungal medicines** (e.g. ketoconazole) may interact with Colchicine. If you are taking them at the same time as Colchicine, look out for muscle-related side effects.
- Please inform your doctor, pharmacist or rheumatology nurse clinician if you are taking other medications as they may affect how Colchicine works. These include over-the-counter medications, supplements and traditional/herbal remedies.

What Are the Important Side Effects of Colchicine?

- Colchicine is generally well-tolerated, but you may experience some side effects. Always discuss with your doctor if you experience any side effects.

| Side Effect | Management |
|---|---|
| <ul style="list-style-type: none">• Nausea• Vomiting• Diarrhoea• Abdominal pain | <p>These usually disappear after stopping the medication. Check with your doctor if any of these side effects continue after stopping the medication.</p> <p>Inform your doctor immediately if you experience bloody vomit or stool.</p> |
| <ul style="list-style-type: none">• Muscle weakness or numbness• Prickling or tingling sensation, especially in the hands and feet (rare side effect) | <p>Stop the medication and inform your doctor.</p> |
| <p>Blood disorder (rare side effect for long-term treatment)</p> <p><u>Warning Signs (some may not show up with symptoms)</u></p> <ul style="list-style-type: none">• Unusual bleeding or bruising• Lip or mouth ulcers with "flu-like" symptoms | <p>Consult your doctor immediately.</p> <p>Checking of blood tests may be required for patients on long-term treatment.</p> |