

HELP PREVENT FUTURE FLARES WITH THESE TIPS

AVOID STRESS¹

Sometimes this is easier said than done, but try to avoid stressful events



DON'T OVERDO IT²

Stay active, but remember that strenuous exercise can cause joint injury



TAKE IT EASY ON CERTAIN FOODS^{2,3}

Especially foods that are high in purines: liver, kidney, beef, pork, lamb, some seafood (anchovies, sardines, herring, canned tuna, shrimp, lobster, scallops, mussels), and yeast products (beer, baked goods)



MAINTAIN A HEALTHY WEIGHT³

If you're overweight, you should try changing your diet and exercising to gradually lose excess weight



DRINK PLENTY OF FLUIDS^{2,3}

Water and other non-alcoholic beverages can help remove uric acid



AVOID DRINKING ALCOHOL^{2,3}

Especially beer because it promotes uric acid production



Colcrys™
(colchicine, USP) tablets

Please see Important Safety Information on reverse side.
Please see Medication Guide for additional information.