

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Colchicine may be used in 2 ways. Most people take small amounts of it regularly for a long time (months or even years) to prevent severe attacks or other problems caused by inflammation. Other people take large amounts of colchicine during a short period of time (several hours) only when the medicine is needed to relieve an attack that is occurring. The chance of serious side effects is much lower with the first (preventive) kind of treatment.

### **Precautions**

If you take Colchicine for a long time (preventive treatment), your doctor may want to check your progress at regular visits. Blood tests may be needed to check for unwanted effects. Stomach problems may be more likely to occur if you drink large amounts of alcoholic beverages while taking Colchicine. Therefore, people who take Colchicine should be careful to limit the amount of alcohol they drink.

For patients taking small amounts of Colchicine regularly (preventive treatment) Colchicine can temporarily lower the number of white blood cells in your blood, increasing the chance of getting an infection. It can also lower the number of platelets, which are necessary for proper blood clotting. If this occurs, there are certain precautions you can take, especially when your blood count is low, to reduce the risk of infection or bleeding:

- If you can, avoid people with infections. Check with your doctor immediately if you think you are getting an infection or if you get a fever or chills, cough or hoarseness, lower back or side pain, or painful or difficult urination.
- Check with your doctor immediately if you notice any unusual bleeding or bruising; black, tarry stools; blood in the urine or stools; or pinpoint red spots on your skin.
- Be careful when using a regular toothbrush, dental floss, or toothpick. Your medical doctor, dentist, or nurse may recommend other ways to clean your teeth and gums. Check with your medical doctor before having any dental work done.
- Do not touch your eyes or the inside of your nose unless you have just washed your hands and have not touched anything else in the meantime.
- Be careful not to cut yourself when you are using sharp objects such as a safety razor or fingernail or toenail cutters.
- Avoid contact sports or other situations where bruising or injury could occur.
- If your doctor tells you to increase the amount of medicine you are taking or if you are just starting this medicine, make sure you tell the doctor right away if you get muscle pain, tenderness, or weakness.

### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.

- Grapefruits and grapefruit juice may increase the effects of Colchicine by increasing the amount of this medicine in your body. You should not eat grapefruit or drink grapefruit juice while you taking this medicine.
- Do not take other medicines unless they have been discussed with your doctor. This includes prescription or nonprescription (over-the-counter [OTC]) medicines and herbal or vitamin supplements

### **Side Effects**

Check with your doctor or nurse immediately if any of the following side effects occur:

- Diarrhea
- Nausea/Vomiting
- Stomach pain
- Black, tarry stool
- Headache
- Pain
- Redness
- Skin rash or hives
- Muscle weakness
- Peeling of the skin
- Sore throat
- Swelling
- Tenderness
- Unusual bleeding/bruising
- Blood in the urine or stools
- Burning/tingling feeling in the skin
- Difficulty breathing when exercising
- Fever with or without chills
- Numbness in the fingers or toes
- Pinpoint red spots on the skin
- Sores/ulcers or white spots on the lips or in the mouth
- Large, hive-like swellings on the face, eyelids, mouth, lips, or tongue

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