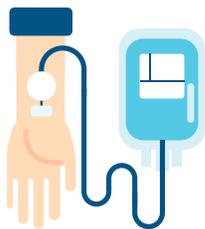


# A Gout Patient's Guide to Infusion

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If you have gout, you know that the condition and its causes are often misunderstood. You probably also know that addressing gout requires lowering your levels of naturally occurring uric acid. You can accomplish this through treatment for gout, in conjunction with lifestyle changes such as limiting certain foods and increasing physical activity.

Infusion of uric-acid-lowering medication is one of several treatment options your health care provider may prescribe, and you shouldn't be alarmed by this recommendation. Rather, you should look forward to targeted treatment for gout patients like you in a health care setting designated to administer this specific type of treatment. Knowing the answers to a few common questions about infusions may ease your concerns.



## How does infusion work?

As opposed to taking medication orally, infused medicines are administered through a small tube called a catheter that is placed in your hand or arm. Completing an infusion treatment usually takes a couple hours because the medicine is very slowly put directly into your bloodstream.



## Aren't infusions just for cancer patients?

While infusions are often associated with chemotherapy, they are also commonly used to treat many other conditions and diseases. People with gout, migraines and chronic pain are among those who can benefit from infusion therapy.



## Do I have to go to the hospital for an infusion?

Until the 1980s, getting an infusion meant a hospital stay. But that's no longer true. Free-standing infusion centers and hospital outpatient centers allow gout patients to come in for just their infusion, then go home after a brief monitoring period.



## Do all gout patients need infusion treatments?

While not all gout patients need infusions, they are common and effective for a subset of patients, specifically those who are not responding well to other oral treatments aimed at lowering uric acid.



## Do infusions hurt?

Getting an infusion can be slightly uncomfortable, but bringing a family member or friend to talk to can make it easier. Reading a book, watching a show or listening to music can also help pass the time. Many infusion centers offer amenities such as snacks, reclining infusion chairs, and blankets to make the infusion process more comfortable.

Understanding these basics are just a start. You should ask your health care provider any other questions that you may have about receiving infusions to help with the management of your gout. Infusions can be an important part of a comprehensive treatment and lifestyle plan that keeps your gout under control.



[GoutAlliance.org](http://GoutAlliance.org)

The Alliance for Gout Awareness works to reduce stigma and empower patients by improving public understanding of gout.



@GoutAlliance



Alliance for Gout Awareness



[InfusionCenter.org](http://InfusionCenter.org)

The National Infusion Center Association aims to improve patient access to office-administered intravenous and injectable medications through advocacy, education, and resource development.



@InfusionCenter



National Infusion Center Association