

## Gout After Weight-Loss Surgery

Although gout typically improves when a person loses weight, you may have more frequent attacks of gout during the initial period after weight-loss surgery when you are losing weight rapidly. The first step in prevention is to *drink a lot of fluid*. Staying well hydrated helps your kidneys flush out the waste product (purines) that cause gout.

In addition, you should continue to avoid alcohol and keep your protein intake toward the low end of your goal. Avoid or limit the foods on the following chart, which are high in purines.

<b>High-Purine Foods (<i>avoid</i>)</b>	<b>Moderate-Purine Foods (<i>limit</i>)</b>
<ul style="list-style-type: none"> <li>• Organ meats (liver, kidneys, heart, etc.)</li> <li>• Game meat</li> <li>• Sardines and anchovies</li> <li>• Scallops</li> <li>• Mussels</li> <li>• Mackerel</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Wheat bran and wheat germ</li> <li>• Asparagus</li> <li>• Peas</li> <li>• Cauliflower</li> <li>• Spinach</li> <li>• Mushrooms</li> <li>• Peas</li> </ul>

**Note:** Colchicine (a medication to treat gout) may cause diarrhea.