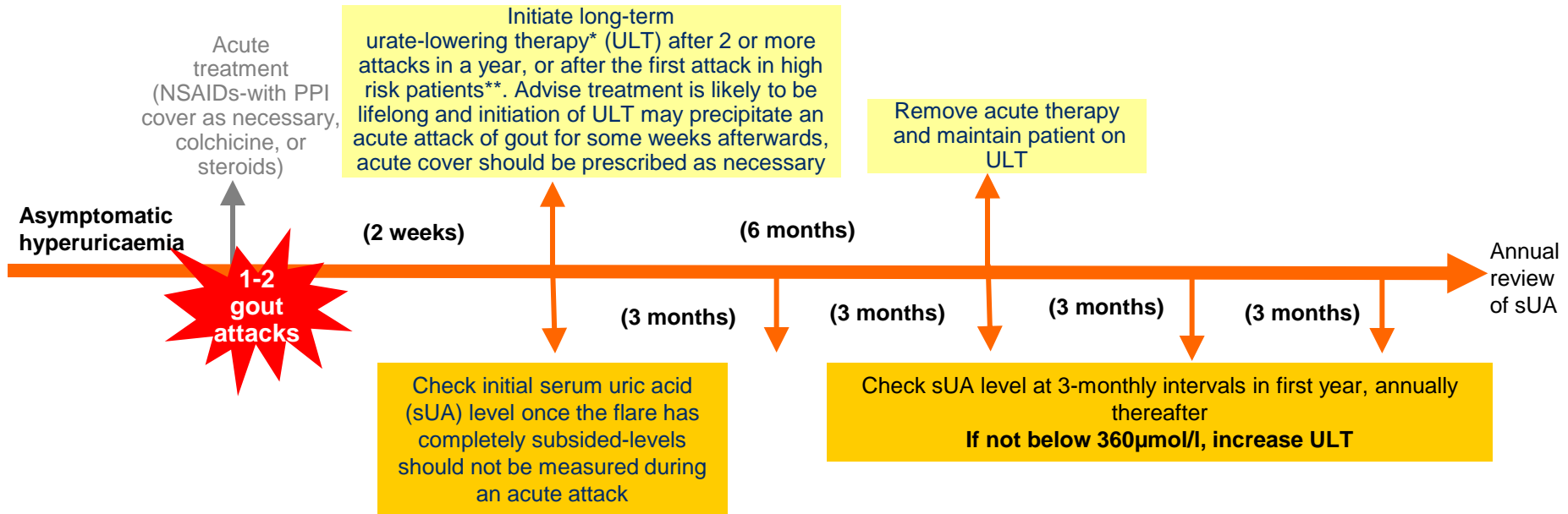


Gout Treatment Pathway

N.B exclude alternative diagnoses, especially septic arthritis. Assess risk factors such as medication, alcohol, diet and obesity.



* **First line** Allopurinol - Mild gout 100mg - 300mg od, moderate gout 300mg-600mg od, severe gout 600mg - 900mg od. Refer to BNF for dose adjustment in renal impairment and contraindications/cautions

Second line Febuxosaf (when allopurinol cannot be used due to intolerance, contraindications or where dose escalation for optimal effectiveness cannot be achieved) - Initiate 80mg od, and titrate up to max 120mg od if necessary. (NICE TA 164). Febuxostat 80mg and 120mg can be used in patients with mild to moderate renal impairment (Crcl ≥ 30ml / min). Refer to BNF for contraindications/cautions

** High risk patient - one or more tophi, x-ray features of gouty arthritis, renal impairment, known uric acid stones or on long term diuretic medication

Lifestyle advice - Aim for an ideal body weight, avoid crash diets and high protein/low carbohydrate diets. Eat sensibly - restrict amount of red meat and avoid high protein intake. Avoid excessive consumption of purine rich foods (such as liver, kidneys, and seafood). Drink alcohol sensibly - avoid binge drinking and restrict alcohol consumption to nationally agreed levels with at least two alcohol-free days a week. Avoid dehydration by drinking water (up to 2 litres/day unless contraindicated). Drink skimmed milk or low-fat dairy products (up to 2 servings daily). Limit consumption of sugary drinks and snacks. Take regular exercise - avoid intense muscular exercise and trauma to joints. Stop smoking. Consider taking vitamin c supplements.