Gout – practical tips for the PCPs

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Gout management- key points

• Treat the acute flare with one of the 3 medications for acute management- colchicine/ NSAIDs/prednisone

• Do not start or stop the allopurinol during an acute flare up.

• If patient has recurrent episodes or meets other criteria for urate lowering therapy: 2 weeks after the acute flare → start treatment with low dose allopurinol (50 mg); check uric acid, AST, ALT and creatinine every 3-4 weeks and uptitrate by 50 mg, till you get to target uric acid.

• Along with starting allopurinol, start a prophylaxis medication (colchicine/ NSAIDs/prednisone), at the same time; once you achieve your target uric acid (typically <6), then continue this prophylaxis for 4-6 weeks, and then stop it; after that let the patient sail on allopurinol