

**Likely diagnosis of gout (exclude septic arthritis)**

**Acute Treatment**

Treat pain and inflammation as soon as possible, continuing until acute flare has settled

- Full dose NSAID (eg naproxen 500mg bd or diclofenac 50mg tid +/- PPI) or
- Full dose oral Colchicine (500mcg 2-4 times daily) or
- Cortico-steroid (oral prednisolone 30mg od for 5 days or IM methyl prednisolone 80-120mg. Where expertise is available consider IA methylprednisolone 40-80mg or triamcinolone 20-40mg)

Advise patient to apply an ice pack periodically to affected joint (wrap in a towel to avoid ice burn)

**Review appointment (4-6 weeks)**

- Assess lifestyle factors, blood pressure, lipid profile and perform serum urate, kidney and liver function & glucose
- Optimise weight, increase exercise, modify diet, reduce alcohol, treat underlying cardiovascular risk factors

**urate  $\leq$  0.3 mmol/l**

**Reconsider diagnosis**

- Persistent symptoms without diagnosis should be referred to secondary care. Note urate frequently falls during gout attacks, and is more reliable if measured at least 1 month after flare resolution. It can take at least 12 months for urate control to ensure resolution of gout flares though typically attacks become less severe and frequent over this time

**urate  $>$ 0.3 mmol/l**

**Long term treatment**

- Initiate urate lowering therapy based on patient preference and clinical judgement
  - First line treatment Allopurinol, Second line Febuxostat
- Offer colchicine 500mcg bd or low dose NSAID(eg naproxen 250mg bd or diclofenac 25mg TID) +/- PPI for up to 6 months as flare prophylaxis. Note that patients with infrequent flares may prefer to start ULT with flare treatment on as required basis only.

**Repeat sUA (2-4 weeks)**

**urate  $\leq$ 0.3mmol/l**

- Continue urate lowering therapy unless causing side effects
- For long term disease control then keeping urate  $\leq$ 0.36mmol/l is probably sufficient

**urate  $>$  0.3 mmol/l**

- Titrate up urate lowering therapy (please see separate flow chart for prescribing in renal impairment and details of drug dosage)
- Maintain prophylactic colchicine for up to 6 months during dose titration