

Gout Prevention – using the “Gout Starter Pack - Diabetes”

Treatment Regimen: “Gout Starter Pack - Diabetes”

The table lists the combination of medications to be prescribed in a specific regime for an acute gout attack, for a period of thirteen weeks (91 days), according to the patient’s renal function (eGFR).

Renal Function (eGFR)	Blister Pack 1 (14 days)	Blister Pack 2 (28 days)	Blister Pack 3 (28 days)	Blister Pack 4 (21 days)
Option 1 eGFR >60	Naproxen 500mg twice daily	Allopurinol 100mg daily Colchicine 500mcg twice daily	Allopurinol 200mg daily Colchicine 500mcg twice daily	Allopurinol 300mg daily Colchicine 500mcg twice daily *Lab
Option 2 eGFR 30-60	Consider lower dose of prednisone	Allopurinol 50mg daily Colchicine 500mcg once daily	Allopurinol 100mg daily Colchicine 500mcg once daily	Allopurinol 200mg daily Colchicine 500mcg once daily *Lab
Option 3 (get advice here) eGFR 10 - 30 (Avoid colchicine eGFR <10)	Consider lower dose of prednisone and discuss with renal physician	Allopurinol 50mg every other day Colchicine 500mcg every other day *Lab	Allopurinol 50mg daily Colchicine 500mcg every other day *Lab	Allopurinol 100mg daily Colchicine 500mcg every other day *Lab

The prescription is set up in Medtech to read:

GOUT STARTER PACK eGFR > 60

Sig:

Naproxen 500mg bd x/7.

Colchicine 500mcg bd 3/12.

Allopurinol 100mg daily 1/12, 200mg daily 1/12, 300mg daily 1/12.

Mitte: 1

Note: Medtech will be set up in the practice to enable this selection.

*Lab – Laboratory investigations to include serum uric acid, CRP, creatinine, LFTs, CK.