

**Gout Prevention – using the “Gout Starter Pack”**

**Treatment Regimen: “Gout Starter Pack” for those without 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	Prednisone 40mg for 4 days, 20mg for 4 days, 10mg for 3 days, 5 mg for 3 days.	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	Prednisone 40mg for 4 days, 20mg for 4 days, 10mg for 3 days, 5 mg for 3 days.	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)	Prednisone 40mg for 4 days, 20mg for 4 days, 10mg for 3 days, 5 mg for 3 days.	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:  
Prednisone 40mg 4/7, 20mg 4/7, 10mg 3/7, 5mg 3/7.  
Colchicine 500mcg bd 3/12.  
Allopurinol 100mg daily 1/12, 200mg daily 1/12, 300mg daily 1/12.  
Mitte: 1

**GOUT STARTER PACK eGFR 30 - 60**

Sig:  
Prednisone 40mg 4/7, 20mg 4/7, 10mg 3/7, 5mg 3/7.  
Colchicine 500mcg once daily 3/12.  
Allopurinol 50mg daily 1/12, 100mg daily 1/12, 200mg daily 1/12.  
Mitte: 1

**GOUT STARTER PACK eGFR 10 – 30 (discuss with a rheumatologist)**

Sig:  
Prednisone 40mg 4/7, 20mg 4/7, 10mg 3/7, 5mg 3/7.  
Colchicine 500mcg every other day 3/12.  
Allopurinol 50mg every other day 1/12, 50mg daily 1/12, 100mg 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.