Treatment of Acute Gout in Chronic Kidney Disease (Stage III and above)

**Confirm Diagnosis**
(Exclude sepsis / Trauma)
Review medication (e.g thiazides)

**Key Principals:**
1. Consider drug and non-drug treatment
2. Do not use e-GFR, only Cockcroft & Gault when adjusting doses.
3. Assess patients regularly.
4. Renal patients more likely to accumulate drugs

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**Symptomatic treatment**
- Ice packs
- Rest
- Analgesia as per CKD analgesic ladder (http://www.hey.nhs.uk/herpc/prescribing-guidelines.htm)
- Consider aspiration and intra-articular steroids where single joint affected

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Following clinical assessment of patient the following treatment options are available. *(If one option fails move on to next if no contraindications)*

**NSAID**
Short course (3-5 days). May be used in chronic dialysis patients. (avoid in CKD Stage IV, V and transplant unless under specialist supervision). For advice on choice of NSAID see http://cks.nice.org.uk/gout

**Colchicine**
-500micrograms bd for 3-5 days
-Warn patient to stop if diarrhoea / vomiting occurs

**Oral Steroids:**
If already on steroids consider temporary increased dose, if not on steroids consider 15mg om 5 days

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**No resolution of symptoms**
Consider referral to relevant Specialist

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**Allopurinol:**
- Consider allopurinol for patients who present with **recurrent** episodes of gout.
- Check interactions (enhanced effect of azathioprine, mercaptopurine and capecitabine. Check with specialist who initiated the treatment before starting allopurinol)
- **Do not** stop or start allopurinol during acute attack (wait for 4 weeks after acute episode has resolved)
- Adjust dose according to GFR (use Cockroft and Gault equation)
  
  21-50mls/min  Max 300mg od
  10-20mls/min  Max 200mg od
  <10mls/min  100mg od or alternate days

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Cockroft and Gault formula:  Creat Cl (mls/min) = 1.23 (males) OR 1.04(females) x (140-age) x weight(kg)

Serum Creatinine (micromoles/L)

For further details on the treatment of acute gout in patients with normal renal function see http://www.cks.library.nhs.uk/gout/

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Approved HERPC: Feb 15
Review date: Jan 18