

GOUT

Non-pharmacologic therapy includes lifestyle and dietary changes such as weight management, reduced alcohol intake and consumption of high purine foods (ex. anchovies, asparagus, game meats, gravy, herring, liver, mackerel, mushrooms, sardines, scallops), as well as maintenance of blood pressure and lipid control.

| Generic | Brand | Form(s) | Strength(s) | Usual Dosage | Notes |
|--------------------------------------|---|------------------|---|---|--|
| Acute Attack | | | | | |
| Indomethacin | Indocin (Merck) | Caps | 25mg 50mg | • 50mg 3 times daily until pain relief; rapidly taper and discontinue | • Use lowest effective dose and shortest duration • Discontinue if experiencing severe side effects |
| | | Susp Supp | 25mg/5mL 50mg | | |
| Naproxen | Naprosyn (Roche) | Tabs | 250mg (scored) 375mg 500mg (scored) | • 750mg followed by 250mg every 8 hours until pain relief | • EC-Naprosyn not recommended • Use lowest effective dose and duration |
| | Anaprox (Roche) | Tabs | 275mg | • 825mg followed by 275mg every 8 hours until pain relief | |
| Sulindac | Clinoril (Merck) | Tabs | 150mg 200mg (scored) | • 200mg twice daily until pain relief; usual duration 7 days | • Use lowest effective dose and shortest duration • Take with food • Max dose: 400mg per day |
| Colchicine | Colchicine (various) | Tabs | 0.6mg | • 0.6mg to 1.2mg at first sign of attack, then 0.6mg every hour OR 1.2mg every 2 hours OR 0.6mg every 2–3 hours until pain relief, GI discomfort, or diarrhea occurs | • Discontinue if experiencing nausea, vomiting, diarrhea • Wait 3 days before re-treatment |
| | Colcrys (URL Pharma) | Tabs | 0.6mg | • Gout treatment: 1.2mg at first sign of flare, then 0.6mg 1 hour later; max 1.8mg over a 1 hour period; may be given during prophylaxis at max 1.2mg at first sign of flare, then 0.6mg 1 hour later, wait 12 hours, then resume prophylactic dose. Concomitant CYP3A4 and/or P-glycoprotein inhibitors, severe renal or hepatic impairment: reduce dose (see literature). | |
| Prednisone | Prednisone (various) | Tabs (scored) | 1mg 2.5mg 5mg 10mg 20mg 50mg | • Individualize dose. Usually 5–60mg daily until pain relief; gradually taper | |
| | | Soln Intensol | 5mg/5mL 5mg/mL | | |
| Methylprednisolone | Depo-Medrol (Pfizer) | Susp for inj | 20mg/mL 40mg/mL 80mg/mL | • IA: Small joint: 4–10mg; medium joint: 10–40mg; large joint: 20–80mg | • Gently move joint after IA inj to aid mixing of susp with synovial fluid |
| Chronic/Management/Prevention | | | | | |
| Allopurinol | Zyloprim (Prometheus) | Tabs (scored) | 100mg 300mg | • Initial: 100mg daily. Increase by increments of 100mg daily at weekly intervals until serum uric acid level \leq 6mg/dL (minimizes flare-ups) • Mild: 200–300mg per day • Severe: 400–600mg per day | • Take with food • Ensure adequate fluid intake to yield \geq 2 liters daily urine output • Maintain alkaline or neutral urine • Administer in divided doses • Max dose: 800mg per day and 300mg per dose • Discontinue if rash appears |
| Colchicine | Colchicine (various) | Tabs | 0.6mg | • <1 attack per year: 0.6mg daily for 3–4 days per week • >1 attack per year: 0.6mg daily • Severe cases: 1.2mg to 1.8mg daily • Prophylaxis before surgery: 0.6mg 3 times daily for 3 days before and after procedure | |
| | Colcrys (URL Pharma) | Tabs | 0.6mg | • Gout prophylaxis: >16yrs: 0.6mg once or twice daily; max 1.2mg/day. Concomitant CYP3A4 and/or P-glycoprotein inhibitors, severe renal or hepatic impairment: reduce dose (see literature). | |
| Febuxostat | Uloric (Takeda) | Tabs | 40mg 80mg | • \geq 18yrs: initially 40mg once daily; if serum uric acid is not <6mg/dL after 2 weeks, may increase to 80mg once daily. | • Gout flare prophylaxis, with an NSAID or colchicine, upon initiation of therapy and for up to 6 months, is recommended. |
| Probenecid | Probenecid (various) | Tabs (scored) | 500mg | • Initial: 250mg twice daily for 1 week • Maintenance: 500mg twice daily | • Take with plenty of fluids • Maintain alkaline or neutral urine • Reduce dose if GI intolerance occurs |
| Probenecid + Colchicine | Probenecid + Colchicine (various) | Tabs (scored) | Probenecid: 500mg Colchicine: 0.5mg | • Initial: 1 tablet daily for 1 week • Maintenance: 1 tablet twice daily | • Take with plenty of fluids • Maintain alkaline or neutral urine • Reduce dose if GI intolerance occurs |

NOTES

KEY: Caps=capsules; IA=intra-articular; IM=intramuscular; Inj=injection; IV=intravenous; SC=subcutaneous; Soln=solution; Susp=suspension; Supp=suppositories; Tabs=tablets

Adapted from: National Institute of Arthritis and Musculoskeletal and Skin Diseases. 2002 [updated 2006]. National Institutes of Health (www.niams.nih.gov)