



Evidence reviews - June 2022

Evidence review

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The following documents contain the evidence that was used to develop the recommendations:

- [Patient information](#)
- [What signs and symptoms indicate gout as a possible diagnosis?](#)
- [What are the most accurate and cost-effective approaches to diagnosing gout, in particular serum urate level compared with joint aspiration?](#)
- [Pharmacological and non-pharmacological interventions for managing gout flares](#)
- [Which people with gout should be offered a urate-lowering therapy](#)
- [Timing of urate-lowering therapy in relation to a flare in people with gout](#)
- [Urate-lowering therapies for the long-term management of gout](#)
- [Colchicine, NSAIDs, corticosteroids and IL-1 inhibitors for the prevention of gout flares during the initiation or titration of urate-lowering therapy](#)
- [Diet and lifestyle modifications for managing gout](#)
- [Treat-to-target management](#)
- [The best serum urate level target to use when treating-to-target in gout?](#)
- [Optimum frequency of monitoring](#)
- [Follow-up for people with gout after a gout flare](#)
- [Referral to specialist services](#)
- [Surgical excision of tophi](#)

Other supporting evidence

- [Methods](#)
- [Appendix 1: Multimorbidities project](#)