

Management of gout

Managing gout flares

Offer an NSAID, colchicine or short course of oral corticosteroid

- Take into account comorbidities, co-prescriptions and preferences
- Consider adding a PPI with NSAID



If NSAIDs or colchicine unsuitable or ineffective

- Consider intra-articular or intramuscular corticosteroid injection

Do not offer an IL-1 inhibitor unless NSAIDs, colchicine and corticosteroids are unsuitable or ineffective.

- Refer to rheumatology before prescribing

Advise that applying ice packs to the affected joint (cold therapy) in addition to taking prescribed medicine may help alleviate pain

Consider a follow-up appointment after a gout flare has settled to:

- measure serum urate level
- provide information
- assess lifestyle and comorbidities
- review medications and discuss risks and benefits of long-term ULT

Information and support

Provide tailored information at diagnosis and during follow-up appointments

Explain:

- causes, and symptoms and signs, of gout
- that the disease progresses without intervention because high levels of urate in the blood will lead to the formation of new urate crystals
- any risk factors for gout they have, including genetics, excess body weight or obesity, medicines they are taking, and comorbidities such as CKD or hypertension
- how to manage gout flares and the treatment options available
- that gout is a lifelong condition that will benefit from long-term ULT to eliminate urate crystals and prevent flares, shrink tophi and prevent long-term joint damage
- where to find other sources of information and support such as local support groups, online forums and national charities

Diet and lifestyle

Explain that there is not enough evidence to show that any specific diet prevents flares or lowers serum urate levels

Advise people with gout:

- to follow a healthy, balanced diet
- that excess body weight or obesity, or excessive alcohol consumption, may exacerbate gout flares and symptoms

See the [visual summary on long-term management of gout with ULTs](#)

This is a summary of the advice on management of gout in [NICE's guideline on gout: diagnosis and management](#).

CKD, chronic kidney disease; GFR, glomerular filtration rate; IL-1, interleukin-1; NSAID, non-steroidal anti-inflammatory drug; PPI, proton pump inhibitor; ULT, urate-lowering therapy



In June 2022, this was an off-label use of NSAIDs and corticosteroids. See [NICE's information on prescribing medicines](#).