



Gout: Update 2013

Table 1 Drugs and conditions associated with hyperuricemia and gout

Drugs	Conditions
Alcohol	Excessive alcohol use
Cyclosporine	Atherosclerosis
Cytotoxic chemotherapy	Chronic kidney, glomerular, interstitial renal disease
Diuretics (thiazide and loop)	Diabetes
Ethambutol	Hyperlipidemia
Interferon + ribavirin	Hypertension
Levodopa	Ischemic heart disease
Nicotinic acid (niacin)	Lead intoxication
Pyrazinamide	Metabolic syndrome
Salicylates, low-dose	Myeloproliferative disorders and some cancers
Tacrolimus	Obesity, dietary factors
Teriparatide	Urolithiasis history
	Genetic or acquired causes of uric acid overproduction (rare)

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Starting Dose of Allopurinol Based on Renal Function

Some guidelines recommend a **starting** dose of 50 mg/day in patients with Stage 3 or worse kidney disease.^{7,8}

An alternative approach to minimize the risk of allopurinol hypersensitivity syndrome is a starting dose of 1.5 mg per ml/min of eGFR.²⁰ A suggested regimen²⁰ for **starting** allopurinol at different levels of eGFR is

Kidney Function	eGFR	Starting dose
Stage 5	<5	50 mg/week
Stage 5	5-14	50 mg twice weekly
Stage 4	15-29	50 mg every 2 days
Stage 3B	30-44	50 mg/day
Stage 3A	45-59	50 mg/100 mg on alternate days
Stage 2	60-89	100 mg/day
Stage 1 (normal)	90-130	150 mg/day
Stage 1 (normal)	>130	200 mg/day

Specific Dietary Recommendations

- **Avoid** organ meats high in purine content and high fructose corn syrup sweetened beverages or foods
- **Limit** red meats, seafood with high purine content (e.g., sardines, shellfish), naturally sweet fruit juices, sweetened food products and sodium rich foods
- Alcohol overuse should be **avoided** (defined as more than 2 servings a day for men and 1 serving a day for women). This applies specifically to beer and spirits, but amounts of wine should also be limited.
- Low or non-fat dairy products are **encouraged**.
- In addition, drinking at least 3 to 4 or more cups of coffee (including decaffeinated) has been associated with a decreased incidence of gout.^{7,36}

Reference numbers refer to references in handout document.