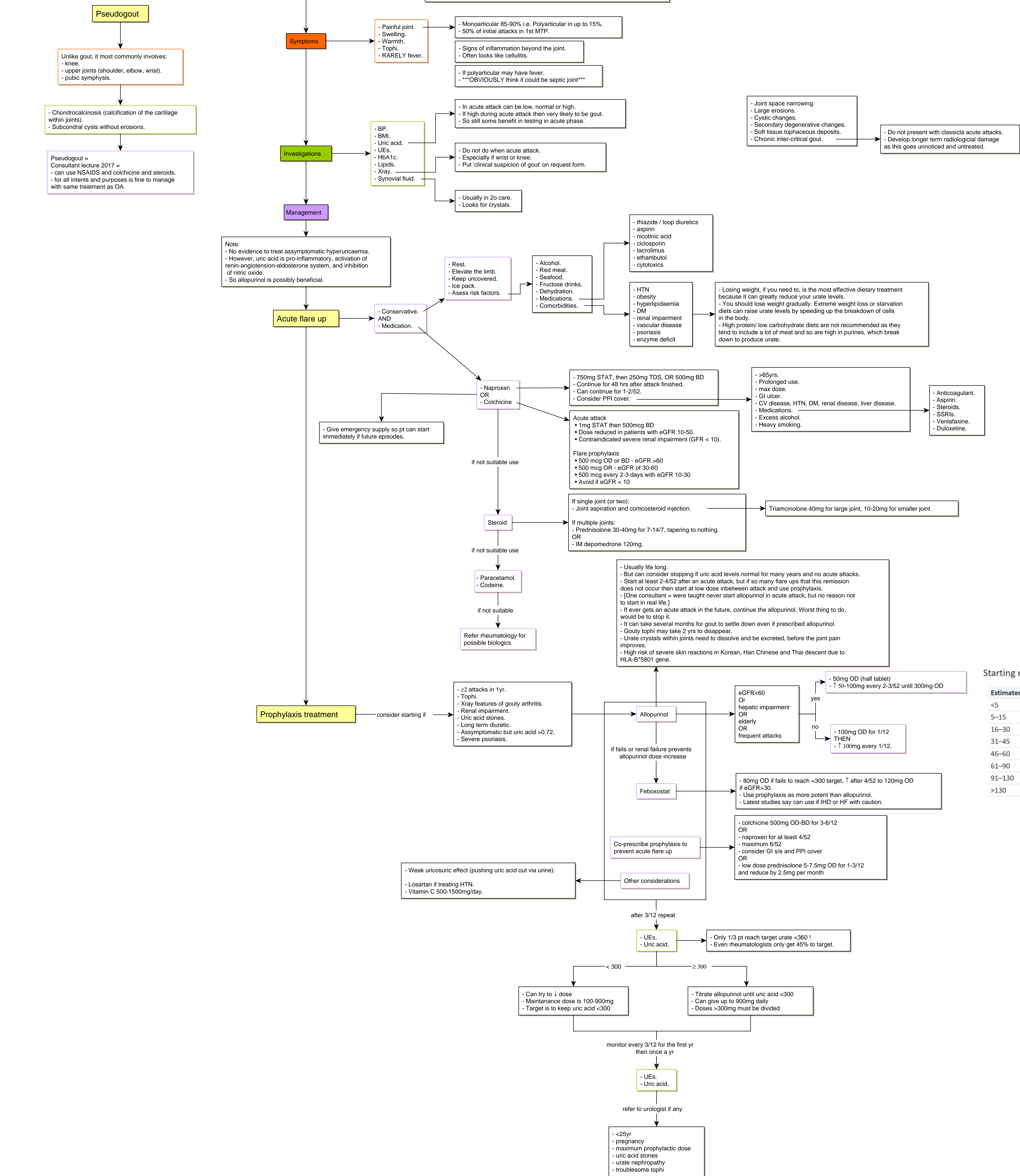


- Uric acid is produced by purine degradation.
- Inadequate excretion is the main issue for most pt's, not that they are eating ofal etc
- Rare in <20y (associated with glycogen disorders or congenital conditions).
- Common > 30y male and postmenopausal women.
- 1 in 40 adults affected.

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. cks.nice.org.uk
2. BMJ Masterclass 2015
3. Dr Anupama Nandagudi rheumatology consultant, PULSE conference Oct 2024
4. Rheumatology consultant, MediConf, Sept 2025



Starting regime of allopurinol according to glomerular filtration rate

Estimated GFR ml/min/1.73 m ²	Allopurinol starting dose
<5	50 mg/week
5–15	50 mg twice weekly
16–30	50 mg every 2 days
31–45	50 mg/day
46–60	50 mg and 100 mg on alternate days
61–90	100 mg/day
91–130	150 mg/day
>130	200 mg/day