

# Allopurinol for the treatment of chronic kidney disease: a systematic review

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## Plain English summary

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## Plain English summary

**A**llopurinol is a drug commonly used to treat increased blood uric acid levels in patients with gout. Evidence is emerging that it may also have a role to play in patients with chronic kidney disease, in that it may slow down the progression of the disease and also reduce the risk of heart disease.

We reviewed the available studies to consider whether or not using allopurinol in people with chronic kidney disease may prevent the worsening of their disease. Our review found that there was limited evidence that allopurinol slows down the progression of chronic kidney disease or reduces the occurrence of heart disease. However, this evidence was not convincing as it was derived from studies with small numbers of patients and similar findings were not reported from more than one study. We did identify that there are very few serious side effects from taking the treatment. However, we cannot say whether or not patients with kidney disease taking allopurinol have the same side effects as patients taking the drug for other conditions such as gout. Therefore, we have concluded that additional research is required, ideally including a trial with a larger number of people with chronic kidney disease.

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