



## Colchicine for Long COVID

– August 2022

### Facts:

- Approximately 20% of all those infected and 80% of hospitalised COVID-19 patients experience symptoms for three to six months or more.
- Long COVID risk is not limited to those with acute severe disease, and can be seen in those with mild acute illness. Most are in their prime working years, with significant impacts on societal wealth.

### Background:

- COVID-19 has affected hundreds of millions of people worldwide. Most have recovered, but many have reported lingering health issues or symptoms that appear months or years after the initial infection, called Long COVID.
- Long COVID symptoms are wide-ranging, multisystemic and predominantly fluctuating or relapsing. These symptoms cannot be explained by any other health conditions and commonly include fatigue, shortness of breath, functional disability and cognitive problems.
- There are no known therapeutics to prevent or treat Long COVID yet.
- Colchicine may reduce the impact of the inflammation related to Long COVID.

### Aims:

- To assess the efficacy and safety of oral colchicine compared to placebo to prevent Long COVID in individuals with persistent symptoms more than three weeks post-acute infection with COVID-19.
- To assess the efficacy of colchicine on respiratory and psychiatric complications and assess its effects on post COVID-19 myopericarditis by cardiac MRI.

### Methods:

- A phase-3, multi-centre parallel-arm, 1:1 individual randomised, placebo-controlled double-blinded study involving 350 post-COVID-19 adults.
- 100 participants will be selected for the Cardiac MRI sub-study.
- Participants will be followed up for 12 months post-randomisation.
- The primary outcome is net difference in distance walked (6-minute walk test).

### Impact:

- This will be the first placebo-controlled randomised trial to examine a pharmacological intervention to improve long-term health outcomes in COVID-19 survivors in India.
- If colchicine is shown to provide health benefits, our research findings will inform clinical practice in management of long COVID.

### Contact:

To find out more about this project and its principal investigators or The George Institute please contact Abhishek Shandilya +91 11 4158 8091-93 or AShandilya@georgeinstitute.org.in

### The George Institute For Global Health:

We're improving the lives of millions of people worldwide through innovative health research. Working across a broad health landscape, the Institute conducts clinical, population and health system research aimed at changing health practice and policy worldwide.