

# ***Clinical toxicology***

## ***Poisoning by over the counter***

### ***(OTC) drugs***

***Lec. 3 &4***

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# American Association of Poison Control Centers 2019 Annual Report

The top five substance categories most frequently involved in human poisonings were:

- analgesics (11%),
- household cleaning substances (7.1%),
- cosmetics/personal care products (6.2%),
- Anti depressant (5.3 %)
- sedatives/hypnotics/antipsychotics (5.2%)

# Antihistamine Toxicity

Antihistamines ( $H_1$  receptor antagonists) are commonly prescribed as OTC medication. They are used for motion sickness, allergy-related itching, cough and cold palliation and used as sleep aids. Acute intoxication with antihistamines results in symptoms very similar to those of anticholinergic poisoning.

Common combination products containing antihistamines include Actifed, Allermine, Histadin, Loratidin, Aerius, Telefast, Cyprodine, Polaramine and combination anti-flu that contain in their active constituents one type of antihistaminic drug such as Panadol cold and flu, flu-out, coldin and dolo-cold ect.

# Mechanism of toxicity

H<sub>1</sub> blocker antihistamines are structurally related to histamine and antagonize the effects of histamine on H<sub>1</sub> receptor sites. They have anticholinergic effects (except the "nonsedating" agents: cetirizine, desloratadine, fexofenadine, levocetirizine, and loratadine). They may also stimulate or depress the CNS, and some agents (eg, diphenhydramine) have local anesthetic and membrane-depressant effects in large doses.

# Toxic dose

- ❖ Fatal oral dose of diphenhydramine is 20-40 mg/kg.
- ❖ Toxicity occurs after ingestion of 3-5 times the usual daily dose.
- ❖ Children are more sensitive to the toxic effects of antihistamines than are adults.
- ❖ The nonsedating agents are less toxic. Up to 300 mg of loratadine is expected to cause only minor effects in pediatric patients.

# Clinical presentation

A. Similar to those of anticholinergic poisoning: drowsiness, dilated pupils, flushed dry skin, fever, tachycardia, delirium, hallucinations, and myoclonic movements. Convulsions, rhabdomyolysis, and hyperthermia may occur with a serious overdose, and complications such as renal failure and pancreatitis have been reported.

B. Massive diphenhydramine overdoses have been reported to cause QRS widening and myocardial depression, similar to tricyclic antidepressant overdoses.

# Diagnosis

1. History of ingestion
2. Typical anticholinergic syndrome.
3. Comprehensive urine toxicology screening will detect most common antihistamines.
4. Electrolytes, glucose, creatine kinase (CKMM), arterial blood gases or pulse oximetry, and ECG monitoring (diphenhydramine).

# Treatment

## A. Emergency and supportive measures

1. Maintain an open airway and assist ventilation if necessary
2. Treat coma (coma cocktail) , seizures (diazepam or any anticonvulsant drug) , hyperthermia (Begin external cooling with tepid (lukewarm) sponging and fanning) , and atypical ventricular tachycardia (DC shock and lidocaine) if they occur.
3. Monitor the patient for at least 6-8 hours after ingestion.



# What is coma cocktail??

They are combination of drugs use to treat patients in coma with unknown cause:

1- **Glucose** (dextrose): 25 g i.v. (50 ml 50% sol.) because hypoglycemia causes irreversible loss of brain cells

2- **Naloxone**: 2 mg i.v. (may even be effective in ethanol or sedative-hypnotic overdose)

3- **Flumazenil** : 0.3 mg i.v. (although it may be problematic - see benzodiazepine intoxication)

4- **Thiamine** (Vitamin B1; 100 mg i.m.) - to prevent *Wernicke's syndrome*

*Wsy* = seizures + neuropathy: hypotonia (motor nerve.), ophthalmoplegia (nerve. III), difficulty in swallowing (nerve. IX)

## B. Specific drugs and antidotes

- ✓ There is no specific antidote for antihistamine overdose.
- ✓ Physostigmine is used because of anticholinergic effects to treat severe delirium and tachycardia. However, because antihistamine overdoses carry a greater risk for seizures and wide-complex tachycardia, physostigmine is not recommended routinely.
- ✓ Sodium bicarbonate, may be useful for myocardial depression and QRS interval prolongation after a massive diphenhydramine overdose.

## Other treatment for Antihistaminic poisoning

**C. Decontamination.** Administer activated charcoal orally if conditions are appropriate. Because of slowed GI motility, gut decontamination procedures may be helpful, even in late-presenting patients.

**D. Enhanced elimination.** Hemodialysis, hemoperfusion, peritoneal dialysis.

# Theophylline Toxicity

Theophylline is a methylxanthine that once was used widely for the treatment of asthma. Intravenous infusions of aminophylline, the ethylenediamine salt of theophylline, are sometimes used to treat bronchospasm, congestive heart failure, and neonatal apnea. Theophylline most commonly is used orally in sustained-release preparations.

Example on drug containing theophylline (Phylocontine tablet, Asmasam tablet and in cough syrup Exidil and bronquim).

## Mechanism of toxicity

The exact mechanism of toxicity is not known. Theophylline is an antagonist of adenosine receptors, and it inhibits phosphodiesterase at high levels, increasing intracellular cyclic adenosine monophosphate (cAMP). It also is known to release endogenous catecholamines at therapeutic concentrations.

Oral absorption may be delayed with sustained-release preparations. The half-life may be doubled by illnesses (eg, liver disease, congestive heart failure, influenza) or interacting drugs (eg, erythromycin, cimetidine) that slow hepatic metabolism and may increase to as much as 20 hours after overdose.

## Toxic dose

- An acute single dose of 8-10 mg/kg.
- Acute oral overdose of more than 50 mg/kg may potentially result in a level above 100 mg/L and severe toxicity.

# Clinical presentation

## A. Acute single overdose:

It is usually a result of a suicide attempt or accidental childhood ingestion but also may be caused by accidental or iatrogenic misuse (therapeutic overdose).

1. Usual manifestations include vomiting (sometimes hematemesis), tremor, anxiety, and tachycardia. Metabolic effects include pronounced hypokalemia, hypophosphatemia, hyperglycemia, and metabolic acidosis.
2. With serum levels above 90-100 mg/L, hypotension, ventricular arrhythmias, and seizures are common; status epilepticus is frequently resistant to anticonvulsant drugs.
3. Seizures and other manifestations of severe toxicity may be delayed 12- 16 hours or more after ingestion, in part owing to delayed absorption of drug from sustained-release preparations

## B. Chronic intoxication:

Chronic toxicity occurs when excessive doses are administered repeatedly over 24 hours or longer or when intercurrent illness or an interacting drug interferes with the hepatic metabolism of theophylline. The usual victims are very young infants and elderly patients, especially those with chronic obstructive lung disease.

1. Vomiting may occur but is not as common as in acute overdose. Tachycardia is common, but hypotension is rare. Metabolic effects such as hypokalemia and hyperglycemia do not occur.

2. Seizures may occur with lower serum levels (eg, 40–60 mg/L) and have been reported with levels as low as 20 mg/L.



# Diagnosis

Diagnosis is based on a history of ingestion or the presence of tremor, tachycardia, and other manifestations in a patient known to be on theophylline. Hypokalemia strongly suggests an acute overdose rather than chronic intoxication.

A. Specific levels. Serum theophylline levels are essential for diagnosis and determination of emergency treatment.

1. Levels of less than 80-100 mg/L after acute overdose usually are not associated with severe symptoms, such as seizures and ventricular arrhythmias.

2. However, with chronic intoxication, severe toxicity may occur with levels of 40-60 mg/L. **Note:** Acute caffeine overdose will cause a similar clinical picture and produce falsely elevated theophylline concentrations with some older commercial immunoassays (check with the clinical laboratory).

B. Serum electrolytes, glucose, BUN, creatinine, hepatic function tests, and ECG monitoring are useful in diagnosis..

# Treatment

## A. Emergency and supportive measures

1. Treat seizures (Diazepam, phenytoin or phenobarbital), arrhythmias (lidocaine, DC shock), and hypotension (Normal saline 10-20ml/kg, phenylephrine or norepinephrine.) if they occur. Tachyarrhythmias and hypotension are best treated with a beta adrenergic agent (show below).
2. Hypokalemia is caused by intracellular movement of potassium and does not reflect a significant total body deficit; it usually resolves spontaneously without aggressive treatment.
3. Monitor vital signs, ECG, and serial theophylline levels for at least 16- 18 hours after a significant oral overdose.

**B. Specific drugs and antidotes.** Hypotension, tachycardia, and ventricular arrhythmias are caused primarily by excessive beta-adrenergic stimulation. Treat with low-dose propranolol , or esmolol. Use beta blockers cautiously in patients with a prior history of asthma or wheezing.

**C. Decontamination.** Administer activated charcoal orally. Consider the use of repeated doses of activated charcoal and whole-bowel irrigation after a large ingestion of a sustained-released formulation.

**D. Enhanced elimination.** Theophylline has a small volume of distribution (0.5 L/kg) and is efficiently removed by hemodialysis. Hemodialysis should be performed if the patient is in status epilepticus or if the serum theophylline concentration is greater than 100 mg/L.

# Caffeine Toxicity

Caffeine is the most widely used psychoactive substance. Besides its well-known presence in coffee, tea, colas, and chocolate, it is available in many over-the-counter and prescription oral medications and as injectable caffeine (occasionally used for neonatal apnea). Caffeine is widely used as an anorectant, a co-analgesic, a diuretic, and a sleep suppressant. Botanical forms of caffeine, including yerba mate, guarana (*Paullinia cupana*), kola nut (*Cola nitida*), and green tea extract, are common constituents of "thermogenic" dietary supplements that are widely used for weight loss and athletic enhancement. Caffeine is occasionally combined in tablets with other stimulants, such as MDMA (methylenedioxymethamphetamine).

Although caffeine has a wide therapeutic index and rarely causes serious toxicity, there are many documented cases of accidental, suicidal, and iatrogenic intoxication, some resulting in death.

# Mechanism of toxicity

Caffeine is closely related to theophylline. It acts primarily through nonselective inhibition of adenosine receptors. In addition, with overdose there is considerable beta1- and beta2-adrenergic stimulation secondary to release of endogenous catecholamines.

The half-life is approximately 4-6 hours but can range from 3 hours in healthy smokers to 10 hours in nonsmokers; after overdose, the half-life may be as long as 15 hours. In infants younger than 2-3 months old, metabolism is extremely slow, and the half-life may exceed 24 hours. Caffeine is metabolized in the liver by cytochrome P-450 and is subject to several potential drug interactions, including inhibition by oral contraceptives, cimetidine, norfloxacin, and alcohol. Tobacco (and marijuana) smoking accelerates caffeine metabolism.

# Toxic dose

The reported lethal oral dose is 10 g (150–200 mg/kg). In children, ingestion of 35 mg/kg may lead to moderate toxicity. Coffee contains 50–200 mg (tea, 40– 100 mg) of caffeine per cup depending on how it is brewed. Thermogenic” dietary supplements, which are sold as energy beverages (eg, Red Bull), bars, capsules, tablets, or liquid drops, contain the equivalent of 40–200 mg of caffeine per serving as either concentrated plant extracts or synthetic caffeine.

# Clinical presentation

**A. Acute caffeine poisoning** are usually anorexia, tremor, and restlessness, followed by nausea, vomiting, tachycardia, and agitation. With serious intoxication, delirium, seizures, supraventricular and ventricular tachyarrhythmias, hypokalemia, and hyperglycemia may occur. Hypotension characterized by a low diastolic pressure and a wide pulse pressure. Ingestion of caffeine-containing diet aids has been associated with sudden death in people with bulimia or laxative abuse, most likely owing to aggravation of hypokalemia. Caffeine poisoning occasionally causes rhabdomyolysis and acute renal failure.

**B. Chronic high-dose** caffeine intake can lead to “caffeinism” (nervousness, irritability, anxiety, tremulousness, muscle twitching, insomnia, palpitations, and hyperreflexia).

# Diagnosis

- Diagnosis is suggested by the history of caffeine exposure or the present of nausea, vomiting, tremor, tachycardia, seizures, and hypokalemia.
- Some pediatric hospitals may offer caffeine testing for monitoring therapeutic use in neonates.
- Toxic concentrations may be detected by cross-reaction with theophylline assays. Coffee drinkers have caffeine levels of 1-10 mg/L, and levels exceeding 80 mg/L have been associated with death.
- Measurement the electrolytes, glucose, and ECG monitoring are also important.



# Treatment

## A. Emergency and supportive measures

1. Maintain an open airway and assist ventilation if necessary.
2. Treat seizures (as in theophylline) and hypotension (as in theophylline) if they occur. Extreme anxiety or agitation may respond to benzodiazepines such as IV lorazepam.
3. Hypokalemia usually resolves without.
4. Beta blockers ( Propranolol or esmolol IV) effectively reverse tachycardia and hypotensive effects. Esmolol is preferred for tachyarrhythmias in normotensive patients (has short t.0.5). Vasopressin or phenylephrine is recommended in severe cases only to avoid the potassium-lowering effects of catecholamines.

**C. Decontamination.** Administer activated charcoal orally if conditions are appropriate.

**D. Enhanced elimination.** Seriously intoxicated patients (with multiple seizures, significant tachyarrhythmias, or intractable hypotension) may require hemodialysis or charcoal hemoperfusion.

## Pseudoephedrine and phenylephrine Toxicity

Pseudoephedrine and phenylephrine are sympathomimetic drugs that are widely available in nonprescription nasal decongestants and cold preparations. These remedies usually also contain antihistamines and cough suppressants. Nonprescription ephedrine-containing cough and cold preparations as well as ephedrine-containing dietary supplements were widely consumed until 2004, when their use was banned by the FDA because of the unacceptable risk for toxicity, because ephedrine and ephedra-containing herbal preparations (eg, ma huang and "herbal ecstasy"), often in combination with caffeine, were also used as alternatives to the amphetamine derivative "ecstasy" or as adjuncts to body-building or weight loss programs.

The FDA issued an advisory in 2008 recommending against the use of cough and cold medicines (which contain decongestants as well as antihistamines and/or dextromethorphan) to children younger than 2 years of age because of reports of serious and life-threatening side effects.

Example on drug containing decongestant: Panadol cold and flu, Panadol sinus, Dolo cold, Actifed, Tusseram syrup, Tussilate syrup, Congestal and Advil sinus

## Mechanism of toxicity

All these agents stimulate the adrenergic system, with variable effects on alpha- and beta-adrenergic receptors, depending on the compound.

**A.** Phenylephrine is direct alpha-adrenergic agonists.

**B.** Ephedrine and pseudoephedrine have both direct and indirect alpha- and beta-adrenergic activity but clinically produce more beta-adrenergic stimulation than does phenylephrine.

## Toxic dose

- If the patient exceed the usual daily adult dose ( which is 100-200 mg for ephedrine, 180-360 mg for pseudoephedrine and 40—60 for phenylphrine). However, Patients with autonomic insufficiency and those taking monoamine oxidase (MAO) inhibitors (selegiline and phenelzine) may be extraordinarily sensitive to these and other sympathomimetic drugs, developing severe hypertension after ingestion of even subtherapeutic doses.
- **A.** Phenylephrine, and ephedrine have low toxic-to-therapeutic ratios. Toxicity often occurs after ingestion of just 2-3 times the therapeutic dose.
- **B.** Pseudoephedrine is less toxic, with symptoms occurring after four- to fivefold the usual therapeutic dose.

# Clinical presentation

- The major toxic effect of these drugs is hypertension, which may lead to headache, confusion, seizures, and intracranial hemorrhage.
- Bradycardia or atrioventricular (AV) block is common in patients with moderate to severe hypertension associated with phenylephrine owing to the baroreceptor reflex response to hypertension.
- The presence of drugs such as antihistamines and caffeine prevents reflex bradycardia and may enhance the hypertensive effects of phenylephrine.
- Myocardial infarction and diffuse myocardial necrosis have been associated with ephedra intoxication.

# Diagnosis

- ✓ From history
- ✓ Presence of hypertension. Bradycardia or AV block suggests phenylephrine. Severe headache, focal neurologic deficits, or coma should raise the possibility of intracerebral hemorrhage.
- ✓ Measurement of electrolytes, glucose, BUN, creatinine, creatine kinase (CK) with MB isoenzymes, cardiac troponin, ECG monitoring, and CT head scan if intracranial hemorrhage is suspected.

# Treatment

## Emergency and supportive measures

1. Treat hypertension aggressively (see below).
2. Treat seizures (Diazepam injection)
3. Treat ventricular tachyarrhythmias (Lidocain, DC shock) if they occur.
4. . Do not treat AV block or sinus bradycardia associated with hypertension; because increasing the heart rate with atropine may abolish this reflex response that serves to limit hypertension, resulting in worsening elevation of the blood pressure.



# Specific drugs and antidotes

1.No specific antidote

2. The Hypertension treated by a vasodilator such as phentolamine or nitroprusside. But if there is CT or obvious clinical evidence of intracranial hemorrhage, lower the diastolic pressure cautiously to no lower than 90 mm Hg and consult a neurosurgeon immediately.

Do not use beta blockers to treat hypertension without first giving a vasodilator; otherwise, paradoxical worsening of the hypertension may result.

3. Arrhythmias: Tachyarrhythmias usually respond to low-dose esmolol or metoprolol.

**Decontamination.** Administer activated charcoal orally.

**Enhanced elimination.** Dialysis and hemoperfusion are not effective. Urinary acidification may enhance elimination of ephedrine, and pseudoephedrine but may also aggravate myoglobin deposition in the kidneys if the patient has rhabdomyolysis.

# Acetyl salicylic acid (ASA) Toxicity

## *Epidemiology*

- ❖ There are approximately 18000 aspirin poisoning per year in the United States.
- ❖ ASA causes 26 % of all analgesic deaths each year.
- ❖ More than 35 deaths per year.
- ❖ Increased levels of ASA in ointments, liniments, keratolytics, vaporizer oils which contain methyl salicylate, 1-2 tsp. lethal in children.
- ❖ During the latter part of the 20th century, the number of poisonings from salicylates declined, mainly because of the increased popularity of other over-the-counter analgesics such as paracetamol (acetaminophen)

# Acetyl salicylic acid (ASA) Toxicity

## *Pharmacology & Toxicology*

- Aspirin and other salicylates are analgesics, anti-inflammatories, and antipyretics, a combination of traits shared by all medications of varying structures known as NSAIDs. Most of the beneficial effects of NSAIDs result from the inhibition of cyclooxygenase (COX). This enzyme enables the synthesis of prostaglandins, which in turn mediate inflammation and fever.
- After ingestion of therapeutic doses of immediate-release salicylate, significant serum concentrations are achieved in 30 minutes, and maximum concentrations are often attained in less than 1 hour.
- Salicylates have substantially longer apparent half-lives at toxic concentrations than at therapeutic concentrations, varying from 2 to 4 hours at therapeutic concentrations to as long as 20 hours at high concentrations.

## Toxic dose of Aspirin of aspirin poisoning

- **Acute ingestion** of 150-200 mg/kg of aspirin will produce mild intoxication; severe intoxication is likely after acute ingestion of 300-500 mg/kg. Fatalities have been reported in children with ingestion of 5mL or less of oil of wintergreen.
- **Chronic intoxication** with aspirin may occur with ingestion of more than 100 mg/ kg/d for 2 days or more.
- Serum Concentrations higher than 30 mg/dL are associated with signs and symptoms of toxicity.
- When administered chronically, a small increase in dosage or a small decrease in metabolism or renal function may result in substantial increases in serum salicylate concentrations and toxicity.

# Pathophysiology of Aspirin

- Centrally stimulates the brainstem respiratory center, causing hyperventilation & respiratory alkalosis.
- Toxic concentrations of salicylate impair renal hemodynamics, leading to the accumulation of inorganic acids.
- Promotes anaerobic metabolism with ketosis, lactic acidosis, & hypoglycemia.
- **Correlation Between Cerebrospinal Fluid and Serum Salicylate Concentrations:** Salicylate concentrations in the cerebrospinal fluid (CSF) directly correlate with death.
- ASA causing neuronal dysfunction and ultimately cerebral edema.
- Salicylates reduce lipogenesis by blocking the incorporation of acetate into free fatty acids and increase peripheral fatty acid metabolism as an energy source, resulting in ketone formation.
- The buildup of fatty acids in the hepatocyte results in microvesicular steatosis, which is characteristic of Reye syndrome.

## Pathophysiology of Aspirin poisoning

- ASA increased pulmonary capillary permeability and subsequent exudation of high-protein edema fluid into the interstitial or alveolar spaces.
- Hypoxia results in pulmonary arterial hypertension and a local release of vasoactive substances.
- GI manifestations result from local gastric irritation at lower doses and from stimulation of the medullary chemoreceptor trigger zone at higher doses. Hemorrhagic gastritis, decreased gastric motility, and pylorospasm also result from the direct gastric irritant effects of salicylates
- Salicylates doses above 300 mg/kg may cause acute renal failure, and chronic aspirin poisoning may cause reversible or irreversible acute renal failure.
- The hematologic effects of salicylate poisoning include hypoprothrombinemia and platelet dysfunction.

# Clinical presentation

## *ASA overdose*

- Salicylate overdose causes a high anion gap metabolic acidosis in both children and adults. Adults commonly develop a mixed acid-base disorder as a respiratory alkalosis due to direct respiratory center stimulation occurs as well.

## Unique toxic effects include

- 1-Reye's syndrome
- 2-Non-cardiogenic pulmonary edema
- 3-Hypoxia & pulmonary hypertension
- 4-Hypertension
- 5-Hypoprothrombinemia & platelet dysfunction
- 6-Nausea, vomiting, slow GI motility, hemorrhagic gastritis
- 7-Rhabdomyolysis from hypermetabolism, seizure activity, & increased heat production
- 8-Tinnitus preceding deafness (> 20-40 mg/dL)

# Clinical presentation

## *Acute ASA poisoning*

### ➤ **Early acute**

- Nausea, vomiting, fever, diaphoresis, tinnitus & tachypnea.

### ➤ **Late acute**

- CNS = tinnitus, deafness, vertigo, high fever, hyperventilation, agitation hyperactivity, seizures, delirium, hallucination & coma.
- Acid-base = respiratory alkalosis & metabolic acidosis.
- Gastrointestinal distress.
- Coagulopathy.
- Metabolic = hypoglycemia, ketonemia & ketonuria.
- Pulmonary = tachypnea, hyperpnea, non-cardiogenic pulmonary edema (NCPE), cardiopulmonary collapse.



# Clinical presentation

## *Chronic ASA poisoning*

- Mainly a CNS effects = tinnitus, deafness, dyspnea, hyperventilation, tachycardia, hyperthermia, CNS hyperactivity, agitation, confusion, slurred speech, hallucination, seizures & coma.
- Chronic GI distress.
- Possibility of non-cardiogenic pulmonary edema (NCPE).

## Chronic salicylism

- Most common in the elderly-unintentional
- May include any sign consistent with acute toxicity
- May also present as:
  - Delirium
  - Dementia
  - Encephalopathy of unknown origin
  - Congestive heart failure

# Acetyl salicylic acid (ASA) Toxicity

## Acute vs. Chronic ASA Poisoning

	<b>Acute</b>	<b>Chronic</b>
<b>Age</b>	Young	Old
<b>Etiology</b>	Overdose	Iatrogenic
<b>Diagnosis</b>	Classic	Unrecognized
<b>Associated diseases</b>	None	Chronic pain
<b>Suicidal ideation</b>	Yes	No
<b>Mortality</b>	Rare	25%
<b>Serum levels</b>	High	Intermediate

## Diagnosis of Aspirin poisoning

- Arterial blood gas assessments will typically find respiratory alkalosis early in the course of the overdose due to hyperstimulation of the respiratory center, and may be the only finding in a mild overdose.
- An anion-gap metabolic acidosis occurs later in the course of the overdose especially if it is a moderate to severe overdose, due to the increase in protons (acidic contents) in the blood.
- The diagnosis of poisoning usually involves measurement of plasma salicylate, the active metabolite of aspirin, by automated spectrophotometric methods.

## Diagnosis of Aspirin poisoning

- Plasma salicylate levels generally range from 30-100 mg/L (3-10 mg/dL) after usual therapeutic doses, 50-300 mg/L in patients taking high doses and 700-1400 mg/L following acute overdose.
- Patients may undergo repeated testing until their peak plasma salicylate level can be estimated.
- Optimally, plasma levels should be assessed four hours after ingestion and then every two hours after that to allow calculation of the maximum level, which can then be used as a guide to the degree of toxicity expected.
- Monitoring of biochemical parameters such as electrolytes and solutes, liver and kidney function, urine analysis, and complete blood count is undertaken along with frequent check in of salicylate and blood sugar levels.

## Treatment of Aspirin poisoning

- Resuscitation
- Gastric cleansing by administering activated charcoal, which adsorbs the aspirin in the gastrointestinal tract.
- Inducing vomiting with syrup of ipecac is not recommended.
- Intravenous fluids containing dextrose such as D5W are recommended to keep a urinary output between 2 and 3 ml/kg/h.

## Treatment of Aspirin poisoning

- **Alkalinization of the urine**
- Sodium bicarbonate is given in a significant aspirin overdose (salicylate level greater than 35 mg/dl 6 hours after ingestion) regardless of the serum pH, as it enhances elimination of aspirin in the urine. It is given until a urine pH between 7.5 and 8.0 is achieved.

## Treatment of Aspirin poisoning

- **Hemodialysis:** can be used to enhance the removal of salicylate from the blood. Hemodialysis is usually used in those who are severely poisoned.
- Example of severe poisoning include people with high salicylate blood levels: 100 mg/dL in acute ingestions or 40 mg/dL in chronic ingestions, significant neurotoxicity (agitation, coma, convulsions), kidney failure, pulmonary edema, or cardiovascular instability.
- Hemodialysis also has the advantage of restoring electrolyte and acid-base abnormalities while removing salicylate.



## 6- Acetaminophen Toxicity N-acetyl para-aminophenol (APAP)

- Acetaminophen has been approved for OTC use since 1960
- Although the drug is remarkably safe, toxicity can occur even with therapeutic doses.
- Alcoholics are particularly susceptible to hepatotoxicity
- Therapeutic dose of acetaminophen is 10-15 mg/kg/dose in children and 325-1000 mg/dose every 4-6 hours in adults, with a maximum of 4g/day.

## Biochemical Basis of Acetaminophen Toxicity

- At therapeutic doses, 90% of APAP is metabolized in the liver to sulfate and glucuronide conjugates that are then excreted in the urine
- The remaining 10% is metabolized via the cytochrome CYP2E1 (P450 2E1) to a toxic, reactive, N-acetylimidoquinone (NAPQI)
- NAPQI binds covalently with hepatocyte macromolecules, producing hepatic cell lysis.
- With normal doses, NAPQI is rapidly conjugated with hepatic glutathione, forming a nontoxic compound which is excreted in the urine.
- With toxic doses, however, the sulfate and glucuronide pathways become saturated, resulting in an increased fraction of acetaminophen being metabolized by CYP2E1.
- NAPQI begins to accumulate once glutathione stores are depleted by about 70%

## Biochemical Basis of Acetaminophen Toxicity

Liver damage due to excess NAPQI can occur in four circumstances:

- Excessive intake of acetaminophen
- Excessive CYP2E1 activity due to induction by other drugs or chronic alcohol use
- Competition for conjugation enzymes
- Depletion of glutathione stores due to malnutrition or chronic alcohol ingestion

# Factors influencing toxicity

- **Chronic alcoholics** are at increased risk of developing severe hepatic disease even at therapeutic doses
- In contrast, acute alcohol ingestion is not a risk factor for hepatotoxicity and may even be protective by competing for CYP2E1
- Alcohol acts at least in part by induction of CYP2E1, which results in enhanced generation of NAPQI
- **Other drugs** which induce CYP2E1 enzymes include Phenobarbital and antituberculosis drugs such as isoniazid and rifampin

# Stages of Acetaminophen Poisoning

## *Phase I (30 minutes to 4 hours)*

- Within a few hours after ingestion, patients experience anorexia, nausea, pallor, vomiting, and diaphoresis. Malaise may be present.

*Patient may appear normal*

# Stages of Acetaminophen Poisoning

## *Phase II (24 to 48 hours)*

- Symptoms of Phase II are less severe. May seem like a period of recovery. Right upper quadrant pain may be present due to hepatic damage. Blood chemistry becomes abnormal with elevations of liver enzymes.
- Prothrombin times may be prolonged.
- Renal function may begin to deteriorate.

# Stages of Acetaminophen Poisoning

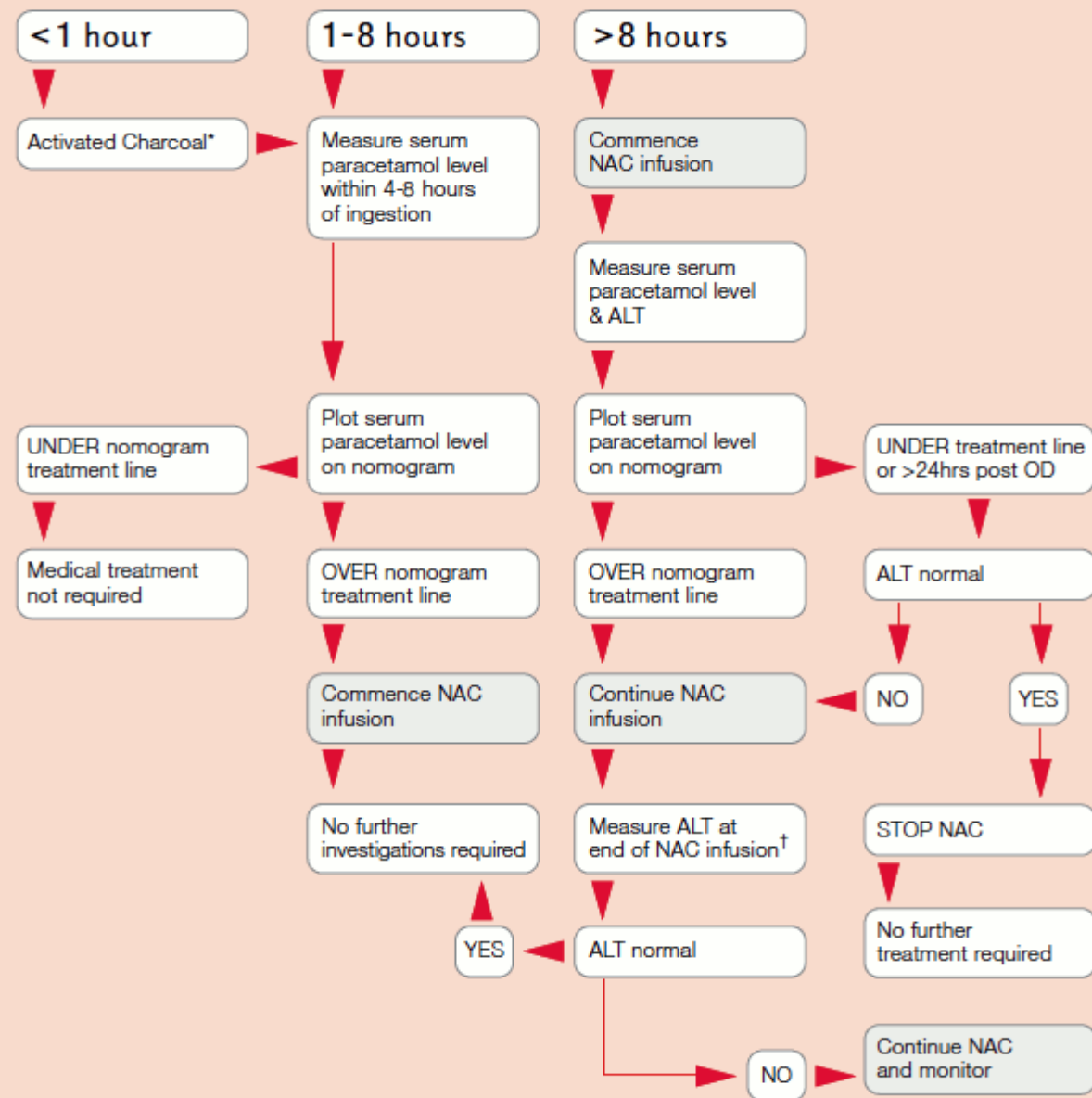
## *Phase III (3 to 5 days)*

- Characterized by symptoms of hepatic necrosis.
- Coagulation defects, jaundice, and renal failure have all been noted.
- Encephalopathy has been noted.
- Hepatic biopsy at this time would indicate centrilobular necrosis.
- Nausea and vomiting may reappear.
- Death is due to hepatic failure

## *Phase IV (4 days to 2 weeks)*

- Complete resolution or death

## Acute Ingestion Management Flow-Chart



\* Cooperative adult patients who have potentially ingested greater than 10g or 200mg/kg, whichever is less

† Please refer to the section "What to do when the nomogram does not apply; unknown time of paracetamol ingestion."



## Diagnosis

- In the patient with a history of APAP overdose, a serum APAP level should be measured between 4 and 24 hours after ingestion.
- The value obtained should be evaluated according to the Rumack-Matthew nomogram for determining the risk of hepatotoxicity and the need for NAC therapy.
- Recognition of acetaminophen intoxication is often more difficult in the chronic alcoholic.
- Several factors contribute to this problem including the onset of symptoms and failure to ask specifically about APAP use.

## Diagnosis

- Characteristic laboratory findings of APAP hepatotoxicity include:
  - marked elevation in plasma hepatic enzyme levels (>5000 IU/L)
  - rising prothrombin time
- These abnormalities distinguish this syndrome from alcoholic liver disease where transaminase values almost never exceed 500 IU/L.
- Aspartate aminotransferase (AST) level typically exceeds that of alanine transaminase (ALT), in both conditions.
- ❑ The combination of acute renal failure and liver disease with markedly increased transaminases in a chronic alcoholic should suggest the diagnosis of acetaminophen toxicity.

# Treatment of paracetamol poisoning

- *1- N-acetylcysteine (NAC)*
- The mainstays of the therapy of APAP intoxication include gastric decontamination with activated charcoal and the administration of N-acetylcysteine (NAC)
- Activated charcoal avidly adsorbs APAP, reducing its absorption by 50 to 90%
- However, activated charcoal also adsorbs NAC and, by causing nausea and vomiting, may interfere with the administration of NAC
- NAC should optimally be given within 8 to 10 hours after ingestion
- More delayed therapy is associated with a progressive increase in hepatic toxicity although some benefit may still be seen 24 hours or later after ingestion

# Treatment

- *N-Acetylcysteine therapy*
- Prevents toxicity by limiting N-acetylimidoquinone (NAPQI) formation
- Increases capacity to detoxify formed NAPQI
- Improved oxygen delivery and utilization in extrahepatic organs
- Helps preserve cerebral blood flow, possibly due to mediation of microvascular tone

# Treatment

*NAC is indicated in:*

- ❖ All patients with a serum APAP concentration above the possible hepatic toxicity line on the Rumack-Matthew nomogram
- ❖ Patients with an estimated ingestion of greater than 140 mg/kg
- ❖ Patients with an unknown time of ingestion
- ❖ Patients with a presentation more than 24 hours after ingestion with elevated transaminases

# Treatment

- **NAC regimen is used in the United States**
  - A loading dose of 140 mg/kg in a 5 % solution is given either orally or via nasogastric tube
  - This is followed by 70 mg/kg every four hours for 17 doses; any doses vomited should be repeated
- **NAC complication**
  - Orally : nausea, vomiting & diarrhea
  - I.V : possibility of anaphylactic reaction

# Treatment

## *2-GI decontamination*

- Syrup of Ipecac
  - return usually 30-40% at best
  - best if used early (first 1-2 hours)

## *3-Gastric lavage*

- Effectiveness diminishes with time

## • *4-Activated charcoal*

- Dose 50-100 Grams

## • *5-Cathartic*

- Utilized to speed transit time

## • *6-Hemodialysis*

- Limited benefit
- Damage occurs quickly

## • *7-Hemoperfusion*

- No benefit

## • *8-Peritoneal dialysis*

- No benefit

T H A N K

Y  U!