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# Nonsteroidal Antiinflammatory Drugs (NSAIDs)

Updated: March 18, 2020.

# **OVERVIEW**

LiverTox

# Introduction

The nonsteroidal antiinflammatory drugs (NSAIDs) are a group of chemically heterogenous medications used widely in the therapy of mild-to-moderate pain and inflammation. NSAIDs act through inhibition of intracellular cyclo-oxygenase enzymes (Cox-1 and Cox-2), which cause a decrease in synthesis of the proinflammatory prostaglandins that are potent mediators of pain and inflammation. Most NSAIDs are nonselective and inhibit both Cox-1 and Cox-2. Recently, several selective inhibitors of Cox-2 have been developed that have the antiinflammatory and analgesic efficacy of other NSAIDs, but lack the effects on gastric and renal tissue that account for a majority of their adverse events (gastrointestinal bleeding and renal insufficiency). NSAIDS are among the most frequently prescribed drugs worldwide and rarely cause drug induced liver disease. However, more than 30 million Americans take an NSAID every year, so that despite the overall low incidence of NSAID induced hepatotoxicity, their widescale use makes them an important cause of drug induced liver injury.

## Background

NSAIDS are indicated in the treatment of various acute and chronic inflammatory conditions, headaches, and fever. The pharmacologic properties of the various NSAIDS are related to their molecular structure, which can be categorized into the five classes (Table). Not all of these listed agents are currently available either in the United States or elsewhere. Only ibuprofen and naproxen are available over-the-counter (in the United States); the rest are by prescription only. Carprofen and phenylbutazone are available in the United States as veterinary medications. NSAIDs withdrawn from use or testing because of hepatotoxicity or other serious adverse events include benoxaprofen, sudoxicam, isoxicam, fluproquazone, bromfenac, oxyphenbutazone and phenylbutazone (aplastic anemia), indoprofen (gastrointestinal bleeding), suprofen and zomepirac (anaphylaxis). NSAIDs in use in other countries of the world include acemetacin, azaproprazone, fenbufen, feprazone, floctafenine, flufenamic acid, nimesulide, pirprofen, and tiaprofenic acid.

PROPIONIC ACIDS	ACETIC ACIDS	FENAMIC ACIDS	PYRAZALONES	OXICAMS
Carprofen Benoxaprofen	Aceclofenac* Acemetacin	Floctafenine Flufenamic	Azapropazone Feprazone	Isoxicam Lornoxicam
Fenduren	Bromfenac	Meclorenamate <sup>*</sup>	Oxyphenbutazone	Meloxicam <sup>^</sup>
Fenoprofen	Diclotenac	Merenamic acid <sup>*</sup>	Phenylbutazone	Piroxicam
Flurbiprofen*	Etodolac*			Sudoxicam
Ibuprofen*	Indomethacin*			
Indoprofen	Ketorolac*			
Ketoprofen*	Nabumetone*			
Loxoprofen	Sulindac*			
Oxaprozin*	Tolmetin*			
Naproxen*	Zomepirac			
Pirprofen				
Tiaprofenic acid				

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\* Currently available for human use in the United States.

#### **Hepatotoxicity**

Aspirin and acetaminophen are technically NSAIDs and they can cause liver injury, but the injury is due to intrinsic toxicity and usually associated with use of high doses or overdoses. For this reason, aspirin and acetaminophen are discussed separately. The liver injury caused by typical NSAIDs is, in contrast, most likely idiosyncratic. Clinically apparent liver injury from NSAIDs is rare (~1-10 cases per 100,000 prescriptions) and typically presents as acute hepatitis within 1 to 3 months of starting the medication. Cases of fatal hepatitis tend to present much later – after 12 to 15 months. Sulindac and diclofenac are the NSAIDs that are most commonly linked to hepatotoxicity, but virtually all NSAIDs that have been used extensively have been linked to at least rare cases of clinically apparent drug induced liver injury. The pattern of injury is mainly hepatocellular, although cases of cholestatic (sulindac, ibuprofen), and mixed (naproxen) injury have been reported. Typical presenting symptoms include fever, malaise, jaundice and itching. The clinical pattern may depend on the pattern of injury. Hepatocellular injury presents with marked serum aminotransferase elevations, fatigue and jaundice, while cholestatic injury presents with jaundice and itching with marked elevations in alkaline phosphatase and bilirubin levels. Histology varies greatly. Women and the elderly, as well as patients with chronic hepatitis C may be more susceptible.

In addition to the clinically apparent, idiosyncratic liver injury due to NSAIDs, transient, mild and asymptomatic elevations in serum aminotransferase levels occur in up to 18% of patients taking NSAIDs over a prolonged period. The rate of such aminotransferase abnormalities varies by the different NSAIDs, but the rate is highly dependent upon the rigor with which such elevations are sought (whether by regular monitoring at frequent intervals or irregularly and only occasionally during long term use) and the level of abnormality that is reported (any value above the upper limit of the normal range or values that are twice or three fold elevated). The rate of aminotransferase elevations is also dependent upon the population studied, tending to be more common in obese patients and patients with serious underlying disease. Nevertheless, these minor elevations associated with NSAID use are usually self-limited, not accompanied by symptoms and rapidly resolve even if the medication is continued. In some studies, the rates of serum aminotransferase elevations are no higher than occurs in placebo recipients, raising some doubt as to the association of these changes with NSAID use.

#### **Mechanism of Injury**

The apparent mechanism by which almost all NSAIDs produce hepatic injury is idiosyncrasy rather than intrinsic toxicity. The main exceptions to this are acetaminophen and aspirin, in which case a dose related injury. Although many cases of NSAID related liver injury demonstrate evidence of an immunologic cause, there is evidence that toxic metabolites contribute to the liver injury for some NSAIDs.

#### **Outcome and Management**

Severity ranges from asymptomatic elevations in serum aminotransferase levels, hepatitis with jaundice to fulminant liver failure and death. Complete recovery is expected after stopping the drug. Cross reactivity between drugs of the same class (i.e., naproxen and fenoprofen [see Table]) can lead to recurrence and should be avoided.

The following links are to individual drug records.

- Celecoxib
- Diclofenac
- Etodolac
- Fenoprofen
- Flurbiprofen
- Ibuprofen
- Indomethacin
- Ketorolac
- Mefenamic Acid
- Meloxicam
- Nabumetone
- Naproxen
- Nimesulide
- Oxaprozin
- Piroxicam
- Rofecoxib
- Sulindac
- Tolmetin

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Abbreviations used: NSAIDs, nonsteroidal antiinflammatory drugs

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3.1-23.4/100,000 patient-years [20-70% higher than background] and ~1 death/100,000 patient-years due to liver injury; not increased with age or associated with gender; in case controlled studies, higher odds ratio with sulindac, indomethacin, piroxicam and diclofenac).

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- (Analysis of a Spanish and Latin-American registries identified 73 cases of NSAID induced liver injury, the most common agents being nimesulide [38%], diclofenac [34%] and ibuprofen [17%]; other agents not mentioned).
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- (Two cases of acute liver failure in patients taking etodolac; 27 and 80 year old women developed symptoms within 2 days of starting a fixed combination of etodolac [400 mg] and acetaminophen [500 mg] twice daily [initial bilirubin 4.3 and 4.4 mg/dL, ALT 6060 and 6896 U/L; Alk P 229 and 78 U/L, INR 6.7 and 4.0]; both treated with NAC, one dying of hepatic failure within 2 days, the other recovering with conservative management).
- Tujios SR, Lee WM. Acute liver failure induced by idiosyncratic reaction to drugs: challenges in diagnosis and therapy. Liver Int. 2018;38:6–14. PubMed PMID: 28771932.
- (*Review of acute liver failure and the contribution of drug induced liver injury, of which 5% were due to NSAIDs, most commonly diclofenac and etodolac*).
- Meunier L, Larrey D. Recent advances in hepatotoxicity of non-steroidal anti-inflammatory drugs. Ann Hepatol. 2018;17:187–91. PubMed PMID: 29469052.

- (*Review of the hepatotoxicity of NSAIDS mentions the most commonly implicated are diclofenac, nimesulide, sulindac, ibuprofen, piroxicam, naproxen and aspirin*).
- Daniels AM, Gibbs LM, Herndon CM. Elevated transaminases with topical diclofenac: a case report. J Pain Palliat Care Pharmacother. 2018;32(2-3):161–4. PubMed PMID: 30645151.
- (79 year old woman with osteoarthritis developed ALT elevations after starting diclofenac gel, 4 times daily [peak ALT ~225 U/L, bilirubin and Alk P not provided], which resolved within 4 weeks of stopping [ALT 24 U/L]).
- Zoubek ME, Lucena MI, Andrade RJ, Stephens C. Systematic review: ibuprofen-induced liver injury. Aliment Pharmacol Ther. 2020;51:603–11. PubMed PMID: 31984540.
- (Systematic review of the literature identified 22 cases of ibuprofen induced liver injury; median age 31 years, 55% women, median latency 12 days; hepatocellular enzyme pattern in 58%, mixed 16% and cholestatic 16%; median initial bilirubin 7.6 mg/dL, ALT 965 U/L, Alk P 610 U/L; often with rash and/or fever and in the context of DRESS, Stevens Johnson Syndrome or toxic-epidermal necrolysis; 5 with vanishing bile duct syndrome and 2 with acute liver failure; 3 having recurrence with reexposure).