

Question 34 – Week of April 1

A 29 year old white male diagnosed with Primary Sclerosing Cholangitis last year. He has been asymptomatic. He has gained 7lbs over the last year. He has been taking ursodiol 15mg/kg/day as prescribed.

On his recent laboratories – T.Bili 1.9, ALP 200, AST 100 , ALT 89 , Albumin 3.8 WBC 7k Hgb 14g/dl PLT 300k.

Which of the following is not an appropriate next step?

- A. Right upper quadrant ultrasound
- B. Colonoscopy with random biopsies
- C. Increase ursodiol to 28mg/kg/day
- D. Bone mineral density measurement
- E. Liver biopsy

Answer: C

Role of low dose ursodiol in delaying progression of PSC remains in question , however high dose ursodiol 28-30mg/kg/day is not recommended in adults with PSC. High dose ursodiol was associated with higher rates of adverse events characterized by development of cirrhosis, increase need for liver transplantation, development of varices and death when compared to placebo.

Reference:

Lindor KD et al. High dose ursodeoxycholic acid for the treatment of primary sclerosing cholangitis. Hepatology 2009 Sep;50(3):808-14