

ROLE OF INTRA-GASTRIC TRANEXAMIC ACID IN MANAGEMENT OF ACUTE UPPER GASTROINTESTINAL BLEEDING

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ABSTRACT



Background and Aims: There are controversies about the safety and haemostatic efficacy of systemic Tranexamic Acid (TA) in patients with Upper Gastrointestinal Bleeding (UGIB). The goal of this study was to determine the efficacy of a single dose of TA, administered topically, on bleedings from benign peptic lesions. **Methods:** We assessed the effects of intra-gastric administration of TA on 131 patients presenting with hematemesis, melena, or both in a prospective double-blind randomized placebo-controlled trial. TA was administered at a dose of 1 gram diluted in 250 cc of saline solution via nasogastric tube. Our primary outcome parameter was the amount of blood needed for transfusion (units of packed cells). **Results:** UGIB-related mortality rate was seen to be lower in TA treated group, but the difference did not reach the level of significance ($p=0.150$). Transfusion requirements were significantly higher in patients not receiving TA ($p<0.001$). The number of re-bleeding episodes was 4 (6%) in TA group and 12 (18.8%) in placebo group ($p=0.033$). There was also a significant difference between the 2 groups in the number of emergency endoscopies; Six (9%) in TA group vs. 14 (21.9%) in the placebo group ($p=0.040$). **Conclusions:** We believe that intra-gastric administration of TA is safe, cost effective, well tolerated and can be performed easily. Further investigation is needed to evaluate the efficacy and safety of this new method for management of acute UGIB. Since we had some limitations in our sample size, additional evidence is needed before any treatment recommendations can be made.

INTRODUCTION

Despite advances in diagnosis and treatment of upper gastrointestinal bleeding (UGIB), the mortality and morbidity rates are still high [1, 2]. Bleeding peptic ulcers are responsible for about half of all upper gastrointestinal hemorrhages [3, 4].

Tranexamic acid (trans-4-aminomethylcyclohexane-1-carboxylic acid; TA), a potent anti-fibrinolytic agent, has been found to bind to lysine binding sites of plasmin and plasminogen [5]. It saturates the lysine binding sites of human plasminogen, displacing plasminogen from the fibrin surface, which leads to inhibition of fibrinolysis [6]. Systemic TA appears to be effective in diminishing blood loss in various pathological conditions such as menorrhagia [7, 8], gastric and duodenal ulcers [9, 10], orthopaedic surgery [11, 12], intraoperative and postoperative bleeding in cardiac surgery [13, 14], bleeding from traumatic injuries [15].

There are some reports about complications of systemic TA administration. It increased the risk of thromboembolic events [16, 17], and seizure [18, 19] in susceptible patients. However, topical TA has been successfully used to control bleeding in urologic, gynaecologic, oral, otolaryngeal surgeries [20-22] and total knee arthroplasty [23]. Topical application of TA in patients undergoing primary coronary artery bypass grafting led to a significant reduction in postoperative blood loss without adding extra risk to the patient too [24]. Also, topical TA significantly reduced mean blood losses after minor oral surgeries in patients receiving oral anticoagulants without discontinuation of anticoagulation regimen [25].

To our knowledge, there is no report of a controlled trial of topical intra-gastric anti-fibrinolytic therapy in UGIB. The goal of the current study was to determine the efficacy of a single dose of TA, administered topically, to control bleedings from benign peptic lesions.

MATERIALS AND METHODS

Study design

We assessed the effects of intra-gastric administration of TA on acute UGIB in a prospective double-blind randomized placebo-controlled trial in 131 patients with hematemesis, melena, or both by a random number sequence. After eligible subjects received detailed explanations about the protocol, informed consent is obtained. This study is conducted in concordance with the principles of the Declaration of Helsinki. Approval for the conduct of this study was obtained from the Research Ethics Committee and Institutional Review Board of Tehran University of Medical Sciences (Ethic code: 90/d/2781/130). This trial has also been registered at International Clinical Trials Registry Platform (registration number: IRCT201201148721N1at <http://www.who.int/ictrp>).

KEY WORDS

Upper Gastrointestinal Bleeding, Tranexamic Acid, Peptic Ulcer, Antifibrinolytic Drug, Topical

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Setting and selection of participants

This study was conducted at Hazrat Rasool General Hospital. All patients with an initial clinical diagnosis of UGIB were primarily recruited. Endoscopic examination was performed in all recruited patients within 24 hours of presentation and consequently, any patient without a demonstrable benign gastric or duodenal lesion was excluded from the study. Patients would not be eligible for inclusion in this study if they were pregnant or lactating women, patients having a gastrointestinal malignancy, patients having a history of thromboembolism, myocardial infarction, ischemic cerebrovascular accident, end stage renal disease, allergy to TA, ongoing anticoagulation therapy, congenital or acquired coagulopathy, or patients being reluctant to enroll in this study. A total of 272 patients entered the trial and 141 were excluded, leaving 64 placebo treated and 67 TA treated patients for analysis [Fig. 1]. The most common reason for exclusion was having no gastric or duodenal source of bleeding identified at endoscopy.

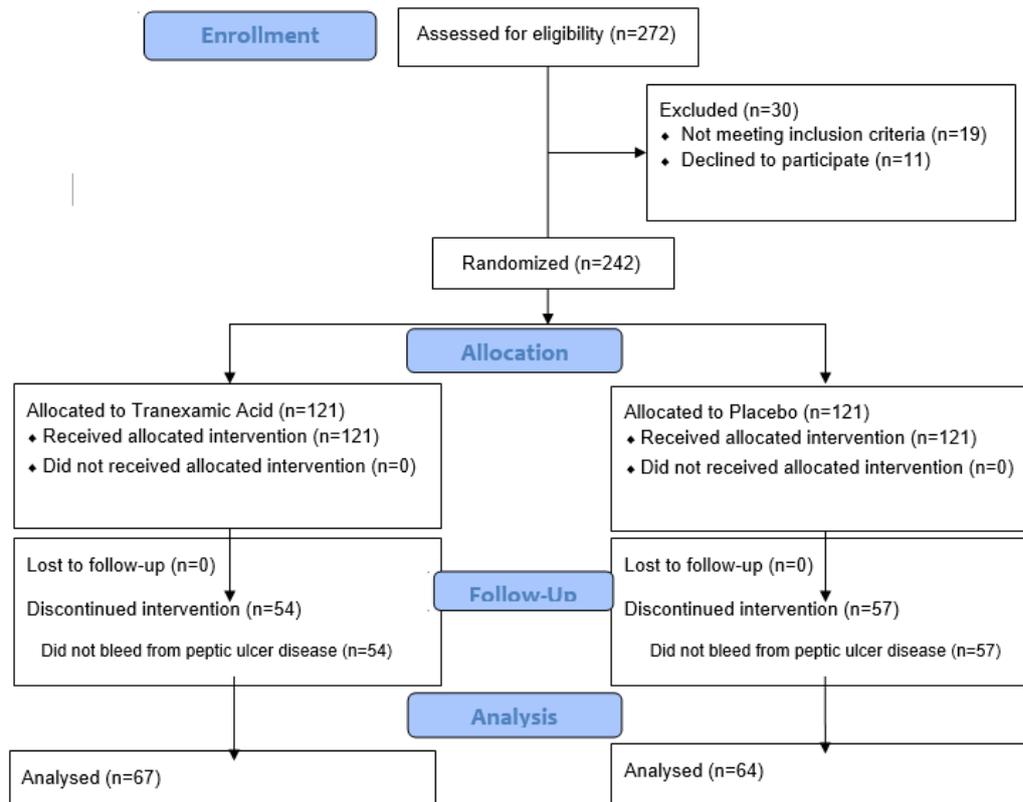


Fig. 1: The overall patient selection process

Outcomes

Our primary outcome parameter was the amount of blood needed for transfusion (units of packed RBCs); secondary outcome parameters included rebleeding events, need for surgical intervention, postoperative 30-day mortality rates, and occurrence of deep vein thrombosis (DVT).

Intervention

Participants were randomized to receive either TA or placebo in addition to the usual conventional treatment. All patients underwent resuscitation with crystalloids, insertion of nasogastric tube and gastric lavage with saline and intravenous pantoprazole. Also patients with UGIB presenting to ED were managed in consultation with department of gastroenterology. TA (Tranexip: Caspian Tamin Co., Rasht, Iran) was administered at a dose of 1 gram diluted in 250 ml of saline solution via nasogastric tube started in the first 30 minutes of patients' arrival at the ED. TA or placebo (physiologic saline) for infusion was prepared by the institution's pharmacy in two 250cc bags indistinguishable in shape and color identified only by random numbers, with the constituents unknown to the administering emergency resident. The placebo group received the same treatment protocol as the TA group except for the infusion of normal saline solution not containing TA. The randomization codes were known only to the pharmacist in charge and revealed only at the end of the study. Rebleeding was defined as bleeding after a silent period of more than six hours, or hypotension (<100 mm Hg systolic blood pressure) associated with a drop in the hemoglobin concentration of 2 g/dl or more and/or endoscopic evidence of fresh rebleeding. Although a hemoglobin level less than 7 g/dl was the starting point for packed RBC transfusion, some other factors

also play roles, such as a clinical assessment of shock, hematocrit level, amount of blood loss, age, presence or absence of symptoms, underlying cardiopulmonary status and clinical judgment of ED attending physician. The number of PRBC units used for blood transfusion for each patient was counted up to the time of discharge from hospital: One unit of PRBC was equal to 250ml of this product. In-hospital mortality was recorded and all patients were followed for 4 weeks. Basic data, laboratory study, and endoscopy findings were obtained and recorded. A Doppler ultrasound study of lower limb veins was performed anytime there was a clinical suspicion for DVT (swelling and/or tenderness of calf muscles and/or unexplained postoperative hypoxemia). Rockall score was calculated for each participant at the beginning of treatment and after the endoscopy [26]. Surgical intervention was considered when intervention by endoscopic techniques failed or was contra-indicated.

Data analysis

The statistical analyses were performed by Statistical Package for Social Sciences (SPSS) for Windows 16.0 (SPSS Inc., Chicago, IL, USA). To test the normality of the distribution of the continuous variables, the Kolmogorov-Smirnov test was performed. Descriptive statistics are given by means and standard deviations for normally distributed data. Categorical data are subsumed by absolute and relative frequencies. In analytical statistics, Nominal or ordinal variables were compared between groups by chi-square test and Fisher's exact test, depending on the expected cell counts of the corresponding crosstabs. In addition, unpaired Student *t* test was used when the variables fulfilled the presumption of normal distribution (only age), whereas the Mann-Whitney *U* test was used when the variables were not normally distributed. The Spearman rank order correlation was used to test correlations between transfusion requirements and age. The results of the two-sided tests were considered significant if the *p* value was less than 0.05. As there were no previously published data, we used the data of previous studies evaluating the effects of intravenous or oral form of TA to estimate the sample size. The null hypothesis was defined as there is no statistically meaningful difference in amount of blood needed for transfusion between those who either did or did not receive TA, and the alternative hypothesis was that the amount of blood transfusion of those who received TA was less than that of those not treated with TA. The Altman's nomogram was used to calculate the sample size; for a power being equal to 90%, the sample size would be 130. We included 272 patients initially because our estimate for the proportion of episodes caused by peptic ulcers was approximately 50% of all UGIB events.

RESULTS

A total of 272 patients with UGIB were admitted to our ED during the study period, of which 131 (48.16%) were diagnosed to bleed from peptic ulcers. Sixty-seven patients were allocated to TA and 64 to placebo. The average age of participants was 64.25 years (\pm 13.92 years). The treatment group and the placebo group were well comparable regarding gender, age, *Helicobacter pylori* infection, endoscopy findings, Rockall score, and laboratory values; no statistically significant difference was found [Table 1].

Table 1: Presentation of findings on admission and post intervention findings in the participants Data are presented as incidence (%), mean \pm standard deviation. PRBC: Packed Red Blood Cell

| Variables | All Participants (n=131) Number of patients (%) or mean \pm SD | TA Group (n=67) Number of patients (%) or mean \pm SD | Placebo Group (n=64) Number of patients (%) or mean \pm SD | <i>P</i> value |
|----------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|----------------|
| Findings on Admission | | | | |
| Age (years) | 64.25 \pm 13.92 | 63.83 \pm 13.60 | 64.70 \pm 14.34 | P=0.723 |
| Male Gender | 82(62.6%) | 41(61.2%) | 41(64.1%) | P=0.857 |
| Rockall Score | 3.48 \pm 1.57 | 3.52 \pm 1.60 | 3.43 \pm 1.55 | P=0.759 |
| H.pylori | 91 (69.46) | 45 (67.16) | 46 (71.8575) | P=0.078 |
| Post Intervention Findings | | | | |
| Mortality | 13 (9.9%) | 4 (6%) | 9 (14.1%) | P=0.150 |
| Rebleeding | 16 (12.2%) | 4 (6%) | 12 (18.8%) | P=0.033 |
| Emergency Endoscopy | 20 (15.3%) | 6 (9%) | 14 (21.9%) | P=0.040 |
| Units of PRBC | 2.32 \pm 1.47 | 1.77 \pm 1.08 | 2.90 \pm 1.61 | P<0.001 |

Mortality– There were 13(9.92%) cases expired (30-day mortality) in our study population; 4 in TA group

(5.97%) and 9 in placebo group (14.06%). UGIB-related mortality was reduced in TA treated patients but the difference did not reach the level of significance. ($p=0.150$)

During the study no emergency surgery for UGIB was done in our hospital. Thromboembolic complications (arterial or venous thrombosis) were seen in neither of the groups within 30 days. No other side effects were observed during treatment with intra-gastric TA.

Transfusion- Transfusion requirements (as units of PRBC) were higher in patients not receiving TA. Patients in TA group received 1.77 (SD=1.08) units averagely but the average amount of packed RBCs received by placebo group was 2.9 (SD=1.61) units. This difference was significant statistically. ($p<0.001$)

Rebleeding- During the follow-up period (4 weeks after initiation of the treatment), the rebleeding frequencies differed between the two groups significantly. The rebleeding episodes were 4 (6%) in TA group and 12 (18.8%) in placebo group. (OR=3.635; 95% CI= 1.106 - 11.943; $p=0.033$)

Emergency Endoscopy- Significant difference was found in the rate of emergency endoscopies between the two groups. There were 6 (9%) emergency endoscopies in patients received TA whereas patients treated with placebo underwent 14 (21.9%) emergency endoscopies. (OR=2.847; 95% CI 1.019 - 7.949; $p=0.040$). In addition, patients' age were significantly correlated with transfusion requirements. (Spearman correlation coefficient: 0.711, $P = 0<0.001$)

DISCUSSION

The dosage used for topical administration of TA is much lower and effects are shorter than that used in oral or intravenous routes [9, 27]. The results of this study indicate that topical intra-gastric TA may be as an aid to conventional treatment and illustrates a novel application for TA in patients bleeding from benign lesions in stomach or duodenum. Although we did not measure the plasma level of TA to determine the degree of its systemic absorption, the prompt response of the patients to direct administration suggests that the beneficial effects probably originates from topical influence of TA.

Blood products can expose the patient to the risks of blood-borne diseases, graft-versus-host reactions, and acute hemolytic reactions, all of which increase patient mortality [28, 29]. Therefore, reducing blood loss and consequent transfusions are important priorities in acute UGIB. In our study, the use of intra-gastric TA reduced the risk of exposure to allogenic blood products.

Systemic TA in UGIB: The effect of TA is uncertain in the treatment of acute UGIB [30, 31]. Gluud et al performed a systematic review and evaluated seven double-blind randomized trials. They concluded that no significant differences were found on bleeding, surgery, transfusion requirements and also mortality between TA and placebo group. They stated that systemic TA could not be recommended for UGIB [31].

Topical TA: TA has been used topically in different pathological situations. Topical application of TA in patients undergoing coronary artery bypass operations efficiently has reduced postoperative bleeding [24, 32, 33]. De Bonis and colleagues did not detected TA in any of the blood samples blindly collected from 24 patients underwent coronary artery surgery to verify whether any systemic absorption of the drug occurred [32]. Wong and colleagues assessed the efficacy and safety of the topical application of TA on postoperative blood loss in patients undergoing primary unilateral total knee arthroplasty. They found that topical application of TA directly in the surgical wound reduced postoperative bleeding by 20-25% compared with placebo, with no clinically important increase in complications being identified in the treatment groups [23]. Some studies showed minor oral surgery, such as single tooth extraction or implant placement in patients on anticoagulant agents can be performed safely without any modification of the ongoing anticoagulant therapy when local haemostatic measures such as TA mouthwashes or gauzes saturated with TA were applied, thus minimizing costs and reducing discomfort for patients [34-36]. Results of another study indicated that the mean intra-operative bleeding rate in TA group was significantly lower than that of placebo group in endoscopic sinus surgery [37]. Topical TA has also been successfully used to control bleeding in parotid surgery [38], hemophiliacs undergoing oral surgery [39] and lung surgery [40].

Mechanisms: Fibrinolytic activity in the upper gastrointestinal tract may be a factor contributing to hemorrhage that often complicates gastroduodenal ulcers and erosions [41]. Fibrinolytic activity has been described in the margins of peptic ulcers [42]. Fibrin is readily degraded by gastric juice and duodenal juice. Gastric juice is particularly potent and a haemostatic fibrin clot in the stomach must be regarded as a potential substrate for its action [41].

TA has a plausible mode of action in UGIB. It is a plasminogen inhibitor, and plasminogen activators have been found in the gastric and duodenal mucosa. Cox et al reported that plasminogen activator and free plasmin were present in gastric venous blood obtained at operation in a higher proportion of patients with peptic ulcer than in a control group [43]. In addition, TA has been shown to inhibit the fibrinolytic action of pepsin [41]. This effect is independent of changes in PH, which may have particular relevance for patients who are critically ill and whose gastric contents may remain acidic despite treatment with histamine H2 receptor antagonists [44]. On the other hand, gastric juice from patients with bleeding ulcers was found to have a plasmin-like fibrinolytic activity [45]. Antifibrinolytic treatment and an increase in gastric PH are

possibly the necessary combination for successful haemostatic treatment [42]. The fibrinolytic activation was more pronounced in the wound than in the general circulation. TA inhibited fibrinolysis in blood from the wounds, but had no effect on fibrinolysis in plasma from peripheral venous circulation. The diminished postoperative blood loss in patients treated with TA is probably induced by decreased fibrinolysis in the wound. TA, by reducing local fibrinolysis, decreases plasminogen consumption and thus maintains a higher plasminogen level in the wounds [46].

The principle for the potential effectiveness of TA includes the following activities: local inhibition of fibrinolytic activity in bleeding lesions, inhibition of fibrinolytic activity of pepsin [41, 43], stabilization of haemostatic clots [47], and specific systemic improvement of haemostatic impairment [48].

Limitation: We did not measure the plasma level of TA in patients. The number of the patients was relatively small and the inclusion criteria were strictly tight.

CONCLUSION

We believe that intra-gastric use of TA is safe, cost effective, well tolerated and can be performed easily. The present study suggests that TA may reduce transfusion requirements and rebleeding events. Obviously, further investigation is needed to evaluate the efficacy and safety of this new method for management of acute UGIB and because of limitations in the sample size, additional evidence is needed before any treatment recommendations can be made. Further studies must be carried out to clarify whether this topical effect could also be seen in patients with malignant lesions.

CONFLICT OF INTEREST

There is no conflict of interest.

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None

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