

## Appendix 9: Using Thiopurines

### Thiopurines in IBD: Guideline

#### Checklist before commencing Azathioprine

- Review past immunosuppressive therapy
- Review current immunosuppressive therapy
- Review side-effects profile
- Give Information Sheet
- Check patient's weight
- Check TPMT level

#### Baseline Tests

- Full blood count
- Liver chemistry

#### Dosage schedule

- Azathioprine given once daily in morning
- Starting dosage in TPMT sufficient: 12.5 mg (if < 25 kg), 25 mg (25-50 kg) or 50 mg (>50 kg)
- After review of 2 sets of blood results, increase dose to 2.0 - 2.5 mg/kg/day (max dose of 200mg/day)
- Consider readjusting dose for growth over time
- If TPMT level in heterozygote range, commence Azathioprine at half the above dose
- If TPMT level suggestive of homozygous deficiency, avoid azathioprine/6MP

#### Monitoring

- FBC and Transaminases
- After 1, 2, 4, 8, and 12 weeks of starting Azathioprine

Every three months there-after

Bloods locally or at Paediatrics

If done locally, request that results faxed urgently

Ensure results reviewed

### **6MMP and TGN**

Measure after at least 8 weeks on full dose

Re-measure 4 weeks after any subsequent dose change

Consider repeating every 12 months

Consider measuring if concerns about compliance

Aim for TGN > 235 for efficacy

High TGN levels may be associated with myelosuppression

High 6MMP levels may be associated with hepatotoxicity

### **Amylase and Lipase**

Routine measurement NOT indicated

Only measure if concerns of possible pancreatitis

**NOTE:** 6-MP may sometimes used instead of Azathioprine. When using 6MP, a similar regimen can be followed, except that the usual expected dose of 6-MP is 1.5 mg/kg/day (with daily doses about half of that for Azathioprine).

# Thiopurine Checklist

Patient Sticker here

## Initiation of Azathioprine/6-MP

Weight: \_\_\_\_\_

TPMT level: \_\_\_\_\_

Initial Dosage: \_\_\_\_\_

Subsequent dosage: \_\_\_\_\_

## Monitoring:

	Date	Results viewed	Action required
Week 1:			
Week 2:			
Week 4:			
Week 8:			
Week 12:			

Notes: