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Naproxen

Updated: March 20, 2020.

OVERVIEW

Introduction

Naproxen is a popular over-the-counter nonsteroidal antiinflammatory drug (NSAID) that is widely used for therapy of mild-to-moderate pain and arthritis. Naproxen has been associated with rare cases of clinically apparent drug induced liver injury.

Background

Naproxen (na prox' en) belongs to the propionic acid class of NSAIDs similar to fenoprofen, ibuprofen, ketoprofen and oxaprozin. The antiinflammatory and analgesic properties of NSAIDs such as naproxen are mediated by inhibition of tissue cyclo-oxygenases (Cox-1 and -2), which results in a decrease in proinflammatory prostaglandins, important mediators in inflammatory and pain pathways. Naproxen has analgesic as well as antipyretic and antiinflammatory activity. It has a longer half-life than other commonly used NSAIDs, making a twice daily regimen feasible. Naproxen was approved for use by prescription in the United States in 1976 and for over-the-counter use in 1994. Currently more than 10 million prescriptions for naproxen are filled yearly and these numbers do not capture the wide scale over-the-counter sales. Naproxen is indicated for mildto-moderate pain from various causes including trauma, tendonitis, headache, dysmenorrhea, and various forms of arthritis including osteoarthritis, rheumatoid arthritis, gout and ankylosing spondylitis. Generic and over-thecounter formulations are available as tablets, capsules and oral suspensions in multiple doses (125, 250, 225, 375, 500, 550 mg) under multiple commercial names including: Aleve, Anaprox, Naprosyn, Naxen, Naxodol, Neo-Prox, Nu-Naprox, Nycopren, Proxen, Synflex. Over-the-counter combinations with antihistamines are also available. The typical dose is 250 to 500 mg taken orally twice daily. As with other NSAIDs, naproxen is generally well tolerated, but side effects can include headache, dizziness, somnolence, dyspepsia, nausea, abdominal discomfort, heartburn, peripheral edema and hypersensitivity reactions. Rare but serious adverse events from NSAIDs include gastrointestinal ulceration and bleeding, increased risk for cardiovascular disease, renal dysfunction, exacerbation of asthma and hypersensitivity reactions including anaphylaxis, exfoliative dermatitis and Stevens Johnson syndrome.

Hepatotoxicity

Serum aminotransferase levels can be elevated in as many as 4% of patients receiving prolonged courses of naproxen, particularly with high doses. Clinically apparent naproxen induced liver injury is very rare (~1-3 per 100,000 users), but convincing cases have been reported that resemble acute hepatitis and arise within 1 to 6 weeks of starting naproxen (Cases 1 and 2). The time to onset can be as long as 12 weeks, but convincing instances of liver injury arising after long term use have not been described. The pattern of serum enzyme

elevations has ranged from hepatocellular to cholestatic injury. Immunoallergic features and autoantibodies are not common. In most instances, recovery is rapid once naproxen is stopped. Rare instances of acute liver failure attributed to naproxen have been published, but the role of naproxen in these cases was not very convincingly shown. Reviews of hepatotoxicity often mention that naproxen is the least likely NSAID to cause serious liver injury.

Likelihood score: B (rare but likely cause of clinically apparent liver injury).

Mechanism of Injury

The mechanism of hepatotoxicity from naproxen is not known, but it is metabolized by the cytochrome P450 system and idiosyncratic injury may be due to a toxic metabolite. Cross sensitivity to hepatic injury with fenoprofen suggests that the propionic acid may be responsible for the injury.

Outcome and Management

Severity ranges from transient, asymptomatic elevations in serum aminotransferase levels, to hepatitis with jaundice, to fulminant liver failure leading to death or need for liver transplantation. In most cases, complete recovery is expected promptly after stopping the drug. Cross reactivity with other propionic acid derivatives, such as fenoprofen, has been reported, and should thus be considered when switching the patient to an alternate NSAID or analgesic.

Drug Class: Nonsteroidal Antiinflammatory Drugs

CASE REPORTS

Case 1. Acute hepatitis due to naproxen.(1)

A 57 year old woman was started on naproxen (500 mg daily) for arthritis and ten days later developed nausea, abdominal pain and weakness, followed a few days later by jaundice. She had no previous history of liver disease, had no risk factors for viral hepatitis and did not drink alcohol. She was not taking other medications and had no history of adverse drug reactions. Blood tests showed bilirubin of 4.6 mg/dL with elevations in both ALT and alkaline phosphatase (Table). Tests for acute hepatitis A and B and for serum autoantibodies were negative. Abdominal ultrasound and ERCP showed no evidence of biliary obstruction. A liver biopsy showed acute hepatocellular necrosis. Naproxen was stopped, and she recovered rapidly. Approximately 2 months later, she was started on fenoprofen for recurrence of her arthritic pains. Within five days she developed nausea, abdominal pain and fatigue and liver tests were abnormal. She recovered uneventfully after stopping fenoprofen.

Key Points

Medication:	Naproxen (500 mg daily for 14 days)
Pattern:	Hepatocellular (R=15)
Severity:	3+ (hospitalized with jaundice)
Latency:	7 days to symptoms, 10 to onset of jaundice
Recovery:	One to two months
Other medications:	None

3

Laboratory Values

Days After Starting	Days After Stopping	ALT* (U/L)		Bilirubin (mg/dL)	Comments			
0		Naproxen given for 14 days						
10	0	450						
19	0	500	280	4.6	Admission: GGT 349			
31	12	160	205					
36	17	40	190		Discharged			
72	43	Fenoprofen started						
6	0	300	320		Fenoprofen stopped			
27	21	180	240					
90	84	25	160					
Norma	<20	<170	<1.2					

^{*} Estimated from figure.

Comment

A striking and convincing example of an acute hepatitis caused by naproxen with a latency of only one week and rapid improvement with stopping the medication. Exposure to fenoprofen, a class-related NSAID, led to rapid recurrence with a similar pattern of serum enzyme elevations. The propionic acid derivative class of NSAIDs include ibuprofen, naproxen, fenoprofen and oxaprozin.

Case 2. Acute hepatocellular injury and jaundice after a single dose of naproxen.(2)

A 57 year old woman took a single dose of naproxen for abdominal pain and six days later developed generalized itching and jaundice. On admission to the hospital 4 days later, she was jaundiced but had no fever, rash or eosinophilia. Blood tests showed bilirubin of 22 mg/dL with marked elevations in ALT and minimal increases in alkaline phosphatase levels (Table). She tested positive for antibody to hepatitis A, but an IgM assay was evidently not done. Tests for hepatitis B and C (including HCV RNA), CMV and EBV were negative as were relevant autoantibodies. Ultrasound and CT scans of the abdomen were unremarkable. Liver biopsy showed intrahepatic cholestasis and variable degrees of hepatocellular necrosis. She recovered slowly, but completely over the next five months.

Key Points

Medication:	Naproxen (one tablet, unknown amount)
Pattern:	Hepatocellular (R=30)
Severity:	3+ (hospitalized with jaundice)
Latency:	6 days to symptoms and jaundice
Recovery:	Five months
Other medications:	None mentioned

Laboratory Values

Weeks After Starting	Weeks After Stopping		Alk P (U/L)	Bilirubin (mg/dL)	Comments		
0		One dose of naproxen taken					
1	1	2023	80	22	Admission		
2	2	1549	58	32	Liver biopsy		
3	3	622	65	37			
11	11	183	72	1.4			
15	15	97	47	0.6			
21	21	17	17	0.7			
Normal Values		<70	<100	<1.2			

Comment

A remarkable case of acute hepatocellular jaundice arising within a week of taking a single tablet of naproxen. The case report provides little information about past medical history of possible exposures to viral hepatitis or other toxins, and serological tests were incomplete to rule out acute hepatitis A. Typical of naproxen induced liver injury was the short incubation period and the ultimate resolution of the hepatitis with no further exposure. However, the naproxen may have been co-incidental or actually taken to treat initial symptoms of an unrelated acute hepatic injury. Nevertheless, naproxen has been clearly implicated in a number of cases of acute hepatocellular injury and rechallenge would be foolhardy. The patient should be advised to avoid most other NSAIDs of the propionic class.

PRODUCT INFORMATION

REPRESENTATIVE TRADE NAMES

Naproxen - Generic, Aleve®, Anaprox®, Naprosyn®

DRUG CLASS

Nonsteroidal Antiinflammatory Drugs

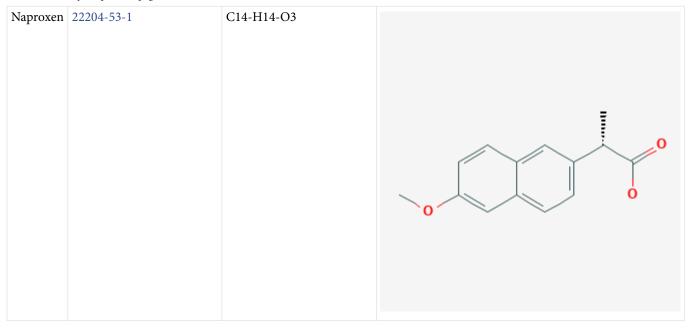
COMPLETE LABELING

Product labeling at DailyMed, National Library of Medicine, NIH

CHEMICAL FORMULA AND STRUCTURE

DRUG CAS REGISTRY NUMBER MOLECULAR FORMULA STRUCTURE

Table continued from previous page.



CITED REFERENCES

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- 2. Demirag MD, Ozenirler S, Goker B, Poyraz A, Haznedaroglu S, Ozturk MA. Idiosyncratic toxic hepatitis secondary to single dose of naproxen. Acta Gastroenterol Belg. 2007;70:247–8. PubMed PMID: 17715646.

ANNOTATED BIBLIOGRAPHY

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Abbreviations: NSAIDs, nonsteroidal antiinflammatory drugs.

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(Review of hepatotoxicity of NSAIDs published in 1999 mentions that the variable onset of injury and scanty data on specific cases make it difficult to assign causality or a specific mechanism of hepatic injury from naproxen).

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(Textbook of pharmacology and therapeutics).

Frenger W, Morbach HJ. Scand J Rheumatol Suppl. 1973;2:137–9. [Clinical trial with naproxen, with particular consideration to tolerance]. German. PubMed PMID: 4590038.

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- Law IP, Knight H. Jaundice associated with naproxen. N Engl J Med. 1976;295:1201. PubMed PMID: 980029.
- (54 year old woman developed jaundice [bilirubin 2.5 mg/dL; AST 1000 U/L, Alk P 400 U/L] 1 week after starting naproxen, resolving within 4 weeks).
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- (57 year old man developed nausea after two doses of naproxen with jaundice arising a few days later [bilirubin 8.2 mg/dL, ALT 70 U/L, Alk P 760 U/L], resolving within 4 to 5 weeks).
- Victorino RM, Silveira JC, Baptista A, de Moura MC. Jaundice associated with naproxen. Postgrad Med J. 1980;56:368–70. PubMed PMID: 7443602.
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- Giarelli L, Falconieri G, Delendi M. Fulminant hepatitis following naproxen administration. Hum Pathol. 1986;17:1079. Erratum in: Hum Pathol 1987; 18: 205. PubMed PMID: 3759067.
- (25 year old woman developed acute liver failure 1 month after a 5 day course of naproxen by suppository [bilirubin 18 mg/dL, ALT 1100 U/L, Alk P 196 U/L], other causes not completely ruled out).
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- Reeve PA, Moshiri M, Bell GD. Pulmonary oedema, jaundice and renal impairment with naproxen. Br J Rheumatol. 1987;26:70–1. PubMed PMID: 3814977.
- (53 year old man developed pulmonary edema 1 week after starting naproxen followed by fever and jaundice [bilirubin 5.5 mg/dL, Alk P 72 U/L, AST 36 U/L], with little inflammation on liver biopsy and rapid recovery).
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- (67 year old woman developed jaundice [bilirubin 4.9 mg/dL, ALT 250 U/L, Alk P 280 U/L] 9 days after starting naproxen, with rapid resolution, but recurrence in 4 days upon exposure to fenoprofen: Case 1).
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- (Review of literature on overdose of NSAIDs; overdose of naproxen typically causes gastrointestinal upset, metabolic acidosis and drowsiness, stupor and coma; one instance of very transient jaundice with ALT 64 U/L has been described).

7

Bell H, Raknerud N. Tidsskr Nor Laegeforen. 1991;111:322–3. [Fulminating hepatitis after treatment with naproxen and/or disulfiram?]. Norwegian. PubMed PMID: 2000613.

- (Abstract only: 49 year old woman developed acute liver failure 6 weeks after starting disulfiram and 5 days after starting naproxen [bilirubin 26.4 mg/dL, ALT 2815 U/L], probably too rapid an onset for naproxen and more likely due to disulfiram).
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9

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- (Among 600 patients undergoing liver transplantation for acute liver failure at 52 European liver transplant centers between 2005 and 2007, 301 were considered idiopathic and had received a medication within 30 days of onset; including acetaminophen in 192 and NSAIDs in 44, including diclofenac [the most commonly used NSAID] in 7, but naproxen in only 2 for a rate of 1.6 per million treatment years).
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