

PBC CARE

PBC TREATMENT

Ursodiol – A hydrophilic bile acid that protects the bile duct cells, resulting in decreases of alkaline phosphatase on hepatic function labs. Recommended first-line treatment. Optimal reduction in alkaline phosphatase may not be seen until patient has been on therapy for 6 months to one year.

Ursodiol dosing: Start with 300mg daily and titrate up gradually to max dose of 13-15mg/kg/day.

Obetacholic acid (off label) – Used in combination with ursodiol when response to ursodiol is inadequate or as monotherapy when ursodiol is not tolerated. Do not use in decompensated liver disease. Should only be prescribed initially by liver disease specialist.

Obetacholic acid dosing: Start with 5 mg daily for 3 months. May increase to max dose of 10mg/day.

Fenofibrate (off label) - Used when response to ursodiol is inadequate. Exact mechanism of action is unknown. Do not use in decompensated liver disease.

Fenofibrate dosing: 145 mg daily. Take 4 hours before or 1 hour after ursodiol.

PBC ROUTINE LABS

LFTS every 1-3 months while titrating dose, then every 6 months. TSH & CBC yearly.

DEXA scan every 2-3 years

RUQ US every 6 months for those with Cirrhosis

PBC SYMPTOM MANAGEMENT

Pruritis - Avoid tight or itchy clothing, scented detergents and fabric softeners. Use moisturizer, bathe with tepid water, ice packs to cool the skin.

Cholestyramine - 4 grams per dose up to max of 16g/day, given 1 hour after or 4 hours before other medications and 20 minutes before meals.

Rifampicin - 150-300 mg twice daily

Naltrexone - 50mg daily

Sertraline - 75mg daily

If Sicca syndrome is present, artificial tears, regular dental care for dry mouth and prevention of caries, mouth moisturizers, and vaginal moisturizers.

Fatigue - Rule out other causes (depression, hypothyroidism, anemia, and sleep disorders). No recommended therapy. Counsel patients in how to deal with these symptoms. Does not improve after liver transplant.

GOT A QUESTION? WHO TO CALL

Liver Disease & Hepatitis Program – 907-729-1560 and ask for a provider or AIH nurse:

Julia Plotnik, RN – 907-729-1581 (M-T-W-R)