Table 9-7

Management of Primary Sclerosing Cholangitis
Symptoms and Complications

<table>
<thead>
<tr>
<th>SYMPTOM/COMPLICATION</th>
<th>POTENTIAL INTERVENTIONS</th>
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| Fatigue              | Exclude other causes, including anemia, hypothyroidism, depression, and sleep disorder  
                         No recommended therapy, but modafinil may be effective |
| Pruritus             | Bile acid sequestrants (eg, cholestyramine)  
                         Rifampicin 150 to 300 mg twice daily  
                         Oral opiate antagonists (eg, naltrexone 50 mg daily)  
                         Sertraline 75 to 100 mg daily  
                         Barbiturates 50 mg daily (at bedtime)  
                         UV light  
                         MARS |
| Vitamin deficiency   | Calcium 1000 to 1500 mg daily  
                         Vitamin D 1000 IU daily |
| Metabolic bone disease | Bone density exam at diagnosis and, thereafter, at 2- to 3-year intervals  
                          Calcium 1000 to 1500 mg daily  
                          Vitamin D 1000 IU daily  
                          Oral or parenteral bisphosphonate therapy for osteoporosis |
| Portal hypertension and varices | Screening upper endoscopy upon diagnosis of cirrhosis  
                                 Nonselective β-blockers for large esophageal varices  
                                 Endoscopic variceal ligation for varices at high risk for bleeding  
                                 Distal splenorenal shunt for intractable varices and good liver function  
                                 Intervention selected on basis of local expertise, resources, and patient preference |
| IBD                  | Strongly associated with PSC (up to 70% to 80%)⁷,⁸  
                                 Full colonoscopy with multiple biopsies at diagnosis  
                                 IBD tends to be more quiescent in patients with PSC  
                                 Surveillance colonoscopy at 1- to 2-year intervals  
                                 Treat according to IBD guidelines |

IBD, inflammatory bowel disease; IU, international units; MARS, molecular adsorbent recirculating system; PSC, primary sclerosing cholangitis; UV, ultraviolet.