



# Poison Centre<sup>®</sup>

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## Centre Anti-Poison

### “N-ACETYLCYSTEINE STARTING RULES”

The Rumack-Matthew Nomogram is used only for single acute toxic ingestions of acetaminophen by plotting acetaminophen levels that are drawn between 4-24 hours post ingestion. N-Acetylcysteine may be indicated in other scenarios when acetaminophen toxicity is suspected and the nomogram is not applicable. Please contact the Poison Centre to discuss indications for all acetaminophen ingestions that may require N-Acetylcysteine administration.

### “N-ACETYLCYSTEINE STOPPING RULES”

The N-Acetylcysteine stopping rules are provided for information only. It is recommended that the decision to stop N-Acetylcysteine be made in consultation with the Poison Centre.

#### **1. When N-ACETYLCYSTEINE is started for the single acute ingestion, before the acetaminophen level is available:**

Stop N-Acetylcysteine if the acetaminophen level is below the treatment line on the nomogram (if N-Acetylcysteine had been started pending a level) *AND* AST/ALT  $\leq$  100 IU/L *AND* INR  $<$  2.

#### **2. When N-ACETYLCYSTEINE is started for an acetaminophen level ABOVE the treatment line (between 4 & 24 hrs post-ingestion):**

OR

#### **3. When N-ACETYLCYSTEINE is started when the nomogram cannot be used:**

Stop N-Acetylcysteine when acetaminophen level is undetectable (or  $<$  66  $\mu$ mol/L)

*AND*, a minimum of 12 hours of N-Acetylcysteine has been given (including loading dose)

*AND* AST/ALT  $\leq$  100 IU/L, (OR falling *AND*  $<$  50% peak)

*AND* INR  $<$  2 *AND* the patient is well

#### **4. When N-ACETYLCYSTEINE is started based on a history of ingestion & no laboratory results will ever be available (eg. Northern nursing stations):**

Stop N-Acetylcysteine only in consultation with the toxicologist.