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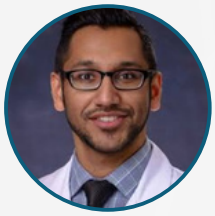

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Mycophenolate-induced Colitis: A Case Report with Focused Review of Literature

Abstract: Mycophenolate mofetil (MMF) is an immunosuppressive medication used for the management of various autoimmune diseases, and patients with bone marrow and solid organ transplants. As an immunosuppressant, MMF can affect the entire gastrointestinal system leading to clinical complications ranging from esophagitis, gastroesophageal reflux disease, to enteritis and colitis. While nausea (29%), vomiting (23%), and constipation (38%) are common side effects of MMMF, the most common side effect is diarrhea (50%-92%). In 98% of cases, resolution of diarrhea occurs within 20 days upon discontinuation of the MMF. Development of diarrhea due to enteritis and/or colitis can be difficult to recognize as only 2%-9% of patients on MMF develop these complications. No guidelines are available to guide clinicians in treating MMF-induced enterocolitis. We report a case of MMF-induced colitis diagnosed by colonoscopy and histopathology. Histopathologic findings of MMF injury include crypt architectural distortion and crypt cell apoptosis. This case illustrates the challenges encountered while managing MMF-induced colitis. After a focused literature review on MMF induced colitis, we came across use of oral steroids, intravenous steroids, and trials with biologic agents such as Infliximab. In our patient, we initiated use of intravenous (IV) Solumedrol which resulted in mild improvement in the diarrhea frequency. After five days of IV Solumedrol therapy, a repeat colonoscopy demonstrated evidence of complete healing of the small ulcerations and improvement in the large ulcerations, suggestive of overall endoscopic improvement. In conclusion, there remains unanswered questions as to why patients develop refractory colitis while on MMF, the benefits of steroids, the use of biologic therapy, and lastly the need for endoscopic reassessment for mucosal healing.

Key Words: Colitis, mycophenolate induced colitis, crypt cell apoptosis

Biography: My name is Rehan Farooqi, and I am currently a program director of Hospital Medicine at Medstar Montgomery Medical Center. I was born and raised in Dubai. I moved to Toronto where I got my high school diploma and completed bachelor's in science from University of Toronto before moving to the Caribbean for my medical school. During the last two years of medical school, I had the opportunity to rotate and travel to various states and experience different health care systems. I completed my residency and chief year from Medstar Health, Baltimore and became a hospitalist at MedStar.

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