

A patient with Zolpidem overdose

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Clinical History

- F / 32yo
- Arrived 22:38
- Nurse in private clinic
- h/o depression
- Taken 40tabs
Zolpidem at clinic
3hrs before admission
- Confusion at home
2hrs afterwards
- H'stix 3.2 at
ambulance
- D10 drip initiated
- BP 114/61 P 108
- Afebrile
- SaO₂ 100% RA
- GCS E₃V₁M₅
- PEARL 4mm



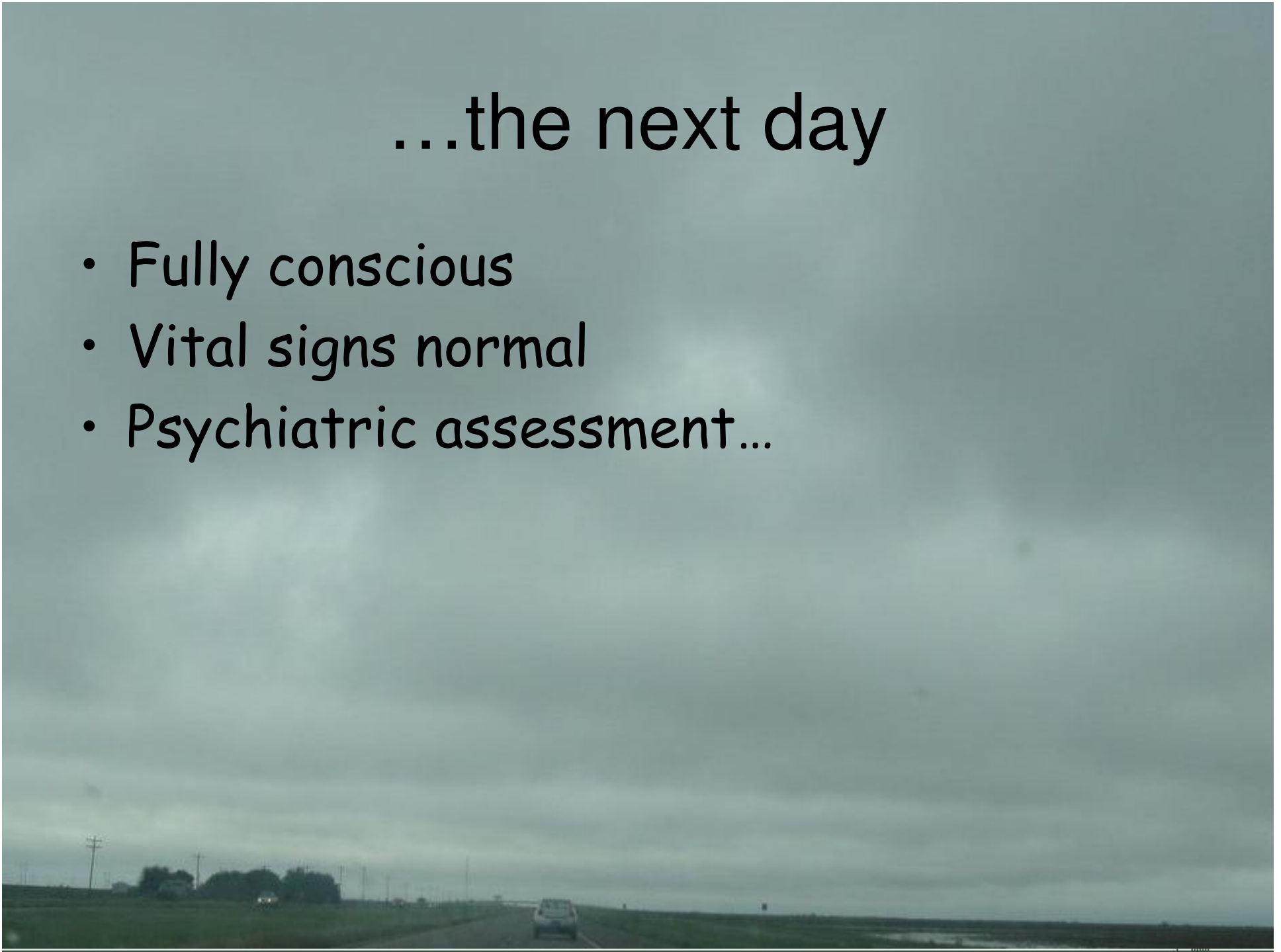
Investigations

- ECG - SR 108/min
QRS/QTc normal
- PT negative
- H'stix 13.6 in AED
- istat unremarkable
- CXR - chest clear
- Laboratory result
 - RG 11.9
 - CBP clotting profile
LRFT unremarkable
 - Toxicology screen
negative
- ...overnight monitoring
in AED



...the next day

- Fully conscious
- Vital signs normal
- Psychiatric assessment...



History taken after waking up...

- Slimming pills ingestion x 9 years
- Resulted in psychotic symptoms
 - Phentermine
 - Tiratricol
- Mildly tachycardic 100-110/min
- ESM at LSB
- Any culprit need to be considered...?



Phentermine

- Nonadrenergic stimulant
- Appetite suppressant
- Approved by FDA since 1959
- Short term use
- Sympathomimetic
 - Tachycardia
 - Hypertension
 - Agitation / confusion
- Palpitation
- Restlessness
- Insomnia
- Psychological dependence



Tiratricol

- Triiodothyroacetic acid
- TRIAC
- Physiological metabolite of T_3
- Treatment of hypothyroidism
- Up-regulate beta receptors
- Catecholamine effects
- Sympathomimetic
- Thyrotoxicosis
- ...other culprit??

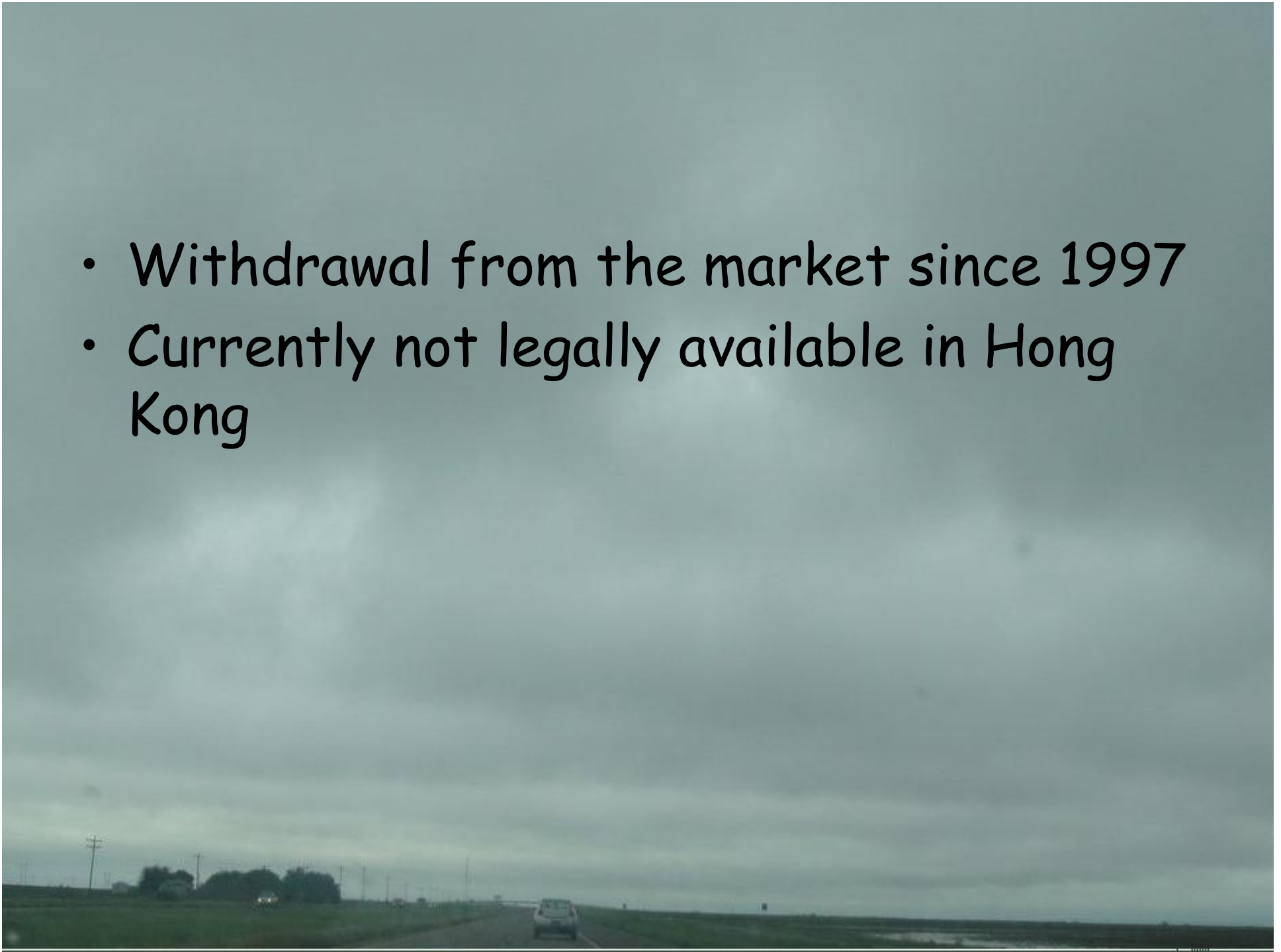


Fenfluramine

- Stimulate serotonin release
- Appetite suppressant
- Approved by FDA since 1973
- 'Fen-Phen'
- Valvular heart disease
 - Serotonin receptors
 - MR / AR / TR
- Pulmonary HT
 - 5-HT receptors + K channels
 - Pulmonary vasoconstriction



- Withdrawal from the market since 1997
- Currently not legally available in Hong Kong



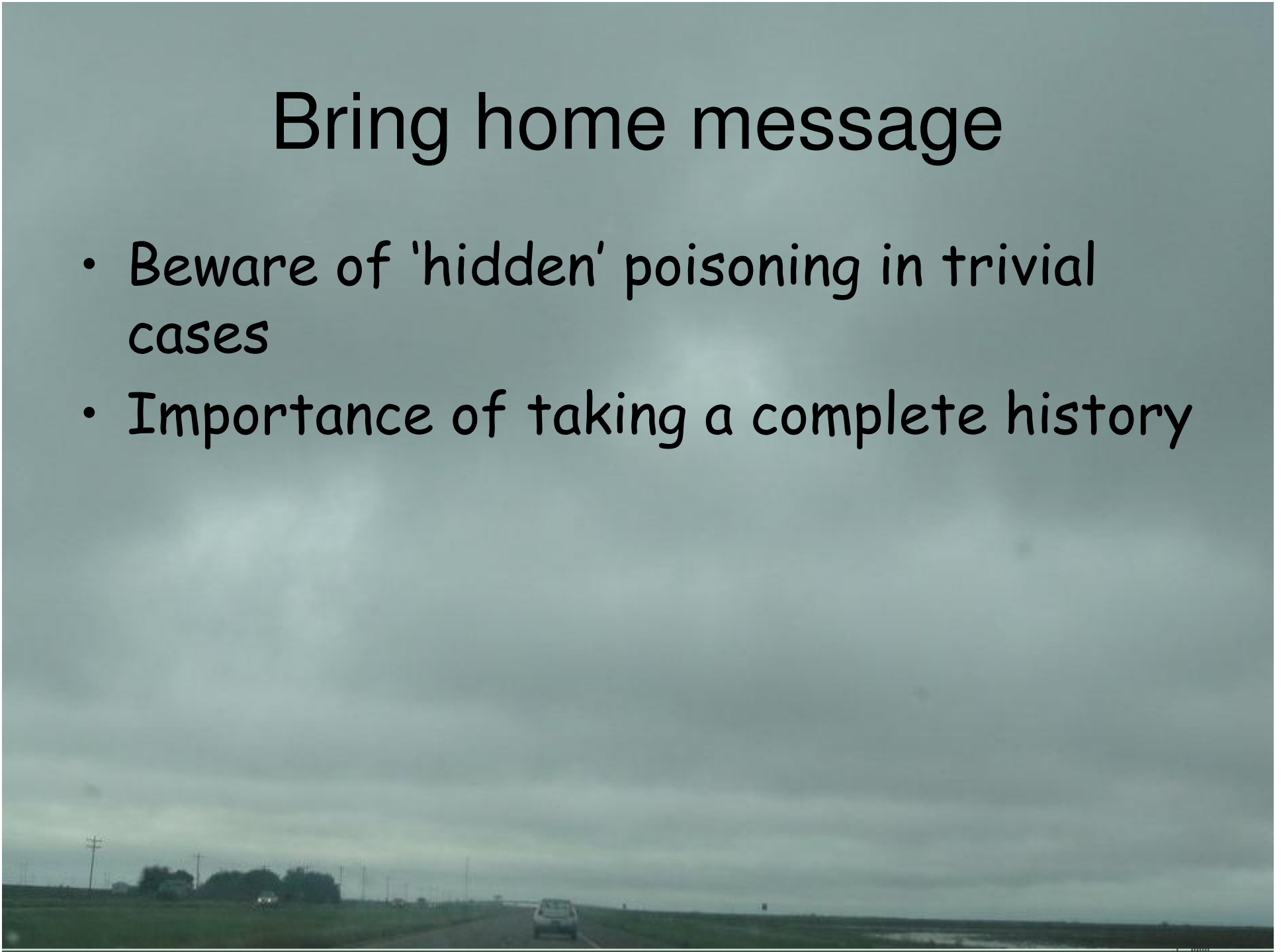
Outcome of our patient...

- Toxicology screen
 - Zolpidem / phentermine
- TFT
 - TSH <0.03 mIU/L
 - fT4 41 (12-23) pmol/L
- Refer medical upon discharge



Bring home message

- Beware of 'hidden' poisoning in trivial cases
- Importance of taking a complete history



Thank you

