*primary studies - published RCT*

# Inhaled heparin in cystic fibrosis.

**Code:** PM16452592 **Year:** 2006 **Date:** 2006 **Author:** Serisier DJ

### Study design (if review, criteria of inclusion for studies)

randomised, double-blind, placebo-controlled crossover study

### Participants

18 CF adult subjects were randomised and 14 (mean+/-sd age 23+/-7.8 yrs and percentage-predicted forced expiratory volume in one second 52.1+/-15.56%) completed the study protocol

### Interventions

twice daily inhalation of 50,000 IU of heparin for 2 weeks with a 1-week washout period

### Outcome measures

The current study aimed to assess the medium-term safety and tolerability of moderately high-dose inhaled heparin in CF adults and to explore possible in vivo mucolytic and anti-inflammatory outcomes

### Main results

Heparin neither affected blood coagulation parameters nor resulted in any increase in adverse events. Heparin inhalation had no significant effect upon forced expiratory volume in one second, symptoms of sputum clearance or sputum inflammatory markers.

### Authors' conclusions

The current pilot study demonstrated no evidence of improved sputum clearance with 50,000 IU of inhaled heparin given twice daily to adult cystic fibrosis subjects. However, inhaled heparin was safe and the future evaluation of larger doses over a longer period may be warranted.

http://dx.doi.org/10.1183/09031936.06.00069005

### See also

Eur Respir J. 2006 Feb;27(2):354-8.

### Keywords

Adult; heparin; Inhalation OR nebulised; pharmacological_intervention; Other drugs;