# Contrast-Induced Nephropathy: a comprehensive review

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# ABSTRACT

Contrast-induced nephropathy (CIN) is defined as the impairment of renal function measured as either a 25% increase in serum creatinine (SCr) from baseline or a 0.5 mg/dL (44 µmol/L) increase in absolute SCr value within 48-72 hours after intravenous contrast administration. Although prophylactic hydration has been promising in decreasing the occurrence of CIN, other efforts such as diuretics, calcium channel blockers, theophylline, aminophylline, atrial natriuretic peptide, dopamine, and fenoldopam have been disappointing. The preventive effect of Nacetylcysteine on CIN has not been consistent in the literature. In a recent clinical trial, bicarbonate infusion was more effective than hydration in the prevention of CIN. Mechanical devices are in development to perfuse renal arteries with protective drugs during contrast exposure or for removal of contrast from coronary sinus during coronary angiography. In this article, we have reviewed available data in regards to CIN.

## Introduction, incidence, and definition

Contrast-mediated imaging studies are an integral part of modern medical practice. Contrast agents are used in more than 10 million procedures annually in the world of the most important complications of contrast agents kidney toxicity [1]. Contrast-induced nephropathy(CIN) is one of the leading causes of renal impairment in the world [2] and the third cause of hospitalacquiredrenal failure [3]. McCullough et al. [4] reported that CIN occurs in 14.5% of unselected patients undergoing coronary angiography. In another study involving 1144 patients, the incidence of contrast nephropathy in patients who underwent cardiac catheterization was approximately 0.7% and increased to 20% in patients with baselinencreatinine between 1.5 and 2.0 mg/dl [5]. Patients with renal insufficiency have a higher risk of developing atherosclerosis and thus will be frequently referred for decreased renal angiography [6].

As such, in patients with function, cardiovascular diseases are accelerated due to various abnormalities in atherogenic factors [7]. The total incidence rate of CIN in another study was 29% [8]. On the other hand, Berg [9] estimated the chances of CIN in the general population undergoing coronary angiography to be less than 2%.

However, it could be as high as 80% in patients with diabetes and underlying kidney disease [10]. The impact of diabetes and existing renal insufficiency on the incidence of CIN has been studied by Parfrey et al.[2]. In a prospective study of patients with diabetes, renal insufficiency, and diabetes plus renal insufficiency, they determined that diabetic patients with normal renal function and nondiabetic patients with renal insufficiency are not at an increased risk of nephrotoxicity. However, the risk for diabetic patients with preexisting renal insufficiency was found to be higher than the control group (8.8% vs. 1.6%, respectively). Reduction in the incidence of CIN can lead to a decrease in the morbidity, mortality (up to 36%) and length of hospital stay [11]. In a recent meta-analysis, the incidence of CIN ranged from 2% to 26% in patients receiving N-acetylcysteine (NAC) plus sodium chloride and 11-45% in those patients administered sodium chloride hydration alone [12]. Although the use of lowosmolar contrast agents decreased the incidence of CIN, there is still a chance of CIN [13].Different trials have used diverse definitions for CIN.These include a serum creatinine increase of more than 0.5 mg/dl [14] or more than 25% of the baseline level [15] at 120 h [16] after contrast exposure.

## Pathophysiology

The pathophysiology of CIN is complex and poorly understood. Multiple mechanisms act inconcert to induce CIN. Intrarenal vasoconstriction, generation of reactive oxygen species, and direct tubular damage are the predominant factors that lead to CIN. However, relativecontribution of each mechanism alone is notknown.Several groups have documented immediatevasoconstriction and reduction in renal bloodflow occurring after administration of contrastmedium.6-12 Multiple studies in animal modelshave shown that intra-arterial infusion of ioniccontrast medium caused transient initialincrease in blood flow followed by an intenseand prolonged constriction of renal vasculature [17]. Although the mechanism for this vaso constriction is not completely known, these investigators demonstrated the influx in importanceof calcium the vasoconstrictivephase following contrast exposure.8 Recentinformation has demonstrated that the flow tothe outer medulla is reduced by 40% followingcontrast material administration and is associated with a 60% reduction in oxygendelivery. These changes result in ischemicinjury, which contributes to the histopathologicfindings seen in CIN models [18]. Multiple agents are implicated in producingrenal vasoconstriction. For instance, there issignificant evidence for the role of endothelinin the pathogenesis of CIN. A seminal studydemonstrated a significant elevation in plasmaendothelin level within 5 min of contrastmaterial administration [19]. Importantly, thestudy revealed that no significant change inplasma endothelin levels was detected until thevolume of the contrast material exceeded 150mL. Adenosine has also been found to inducelocal renal vasoconstriction.

In addition to the presence of vasoconstrictors, there is concomitant impairment of vasodilatation inpatients with CIN.10 Nitric oxide (NO) is apotent vasodilator produced from L-arginine in the presence of the enzyme NO synthase. High-osmolar contrast agents reduce NO production, and this reduction was proportional

toosmolality of the solution [20]. However, concerns regarding NO inhibition followingcontrast administration and its negative impacton renal function have been raised by Sancaket al. [21]. A compromised medullary blood supplybrought on by contrast administration creates amismatch between the metabolic demands ofthick ascending limbs of the loop of Henle andits own blood supply resulting in the production of superoxide (a potent reactive oxygenspecies) leading to oxidative tubular damage.Preexisting chronic renal failure, increasedage, and diabetes decrease the ability toaccommodate oxidative stress and lead toincreased risk of CIN [21]. Contrast administration induces osmoticdiuresis in patients euvolemic with normalkidney function.16 Exposure of renal tissue tohigh osmotic radiocontrast agents results incharacteristic histopathologic changes called "osmotic nephrosis." [22]. The most frequenthistopathologic features of "osmotic nephrosis" include intense focal or diffuse proximal

## Management of Contrast Nephropathy

To date, there is no definitive treatment of AKI following radiocontrast administration. However, prevention still remains the cornerstone of this entity and as such demands acareful analysis of the risk factors and implementation of preventive strategies noted below.

#### Maintenance of volume status

Avoidance of intravascular volume depletionis the single most important strategy to reducethe risk of contrast-induced renal injury. In this context, maintenance of adequate hydration is of paramount importance. Often patients are receiving NSAIDs. Such agents should be stopped 24-48 h before the procedure. Recommended regimens volume replacement forhospitalized undergoing for patients contrast administrationinclude normal saline administeredat 1 mL/kg/h for 6-12 h preprocedural, intraprocedural, and continued for 6-12 h post procedure [23]. In patients with compensated congestive heart failure, fluids should be administered based on physician discretionand with frequent lung examination. Normalsaline produces better volume expansion and has been shown to have superiority overhypotonic solutions such as 0.45% saline [24]. While diuretics are not recommended, a recent study demonstrated that loop diuretics maydecrease the incidence of CIN [25]. Conflicting data continue to surround the useof sodium bicarbonate versus normal saline. Thus far, the largest randomized clinical studyfailed to show any benefit of sodium bicarbonateover normal saline [26]. As such, normal saline is the best available solution to reduce the risk of contrast nephropathy. N-acetylcysteine the sulfhydryl group of N-acetylcysteine isan excellent antioxidant and scavenger of freeoxygen radicals. However, it has failed to show conclusive evidence of protecting against he development of CIN [27].

Because of itslow cost, lack of adverse effects, and potentialbeneficial effect, this agent is frequently a part of the protective strategies of multiple medicalcenters against contrast nephropathy. Nevertheless, based on the lack of conclusive evidence, we do not recommend this agent [28].

## Prophylactic hemofiltration and hemodialysis

Clinicians often ask for dialysis therapy soonafter the administration of contrast material. However, there is no conclusive evidence thatprophylactic dialysis prevents renal injury due contrast administration [29]. At present, we donot recommend prophylactic dialysis therapy. Dialysis itself is not devoid of complications and requires an invasive procedure of a largebore catheter insertion.

## **Risk Factors**

For optimal management, it is critically important for providers to be able to stratify patients according to their risk for CIN. Preexisting CKD with concomitant diabetes mellitus poses the highest risk for CIN. Other factors that increase the risk for CIN include advanced age, cardiovascular disease, preprocedural hemodynamic instability, and concomitant use of certain drugs. Figure 1 summarizes some common risk factors [30]. A quick review of the risk factors could be very helpful in evaluating patients who would be at risk for the development of CIN.

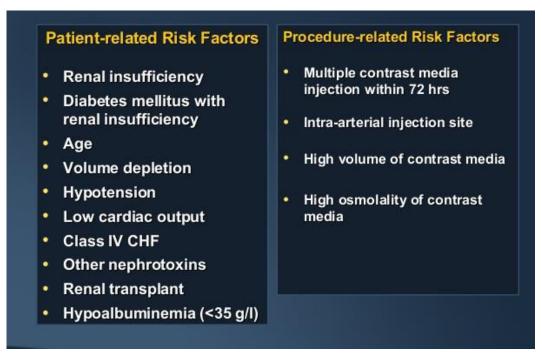


Figure 1: Risk Factors for CIN

# Preexisting impairment of renal function

Preexisting CKD is of paramount importance and places patients at a high risk for the development of CIN. In a series of 1144 patients, Davidson et al [31]. investigated patients undergoing cardiac catheterization and documented a low risk of CIN (increment of creatinine levels of at least 0.5 mg/dL) in patients with normal renal function compared to those with preexisting CKD (creatinine level exceeding 1.2 mg/dL). These investigators found that the risk for CIN increased significantly (20%) when serum creatinine exceeded 2.0 mg/dL.

## Diabetes mellitus with preexisting chronic kidney disease

Diabetics with CKD are reported to have afour-fold increase in the risk for development of CIN when compared with patients without diabetic nephropathy.20 Diabetes mellitus with associated renal insufficiency has been identified as an independent risk factor for contrast nephropathy, with as many as 56% of those who develop the condition progressing to irreversible renal failure. Diabetics with advanced CKD (serum creatinine >3.5 mg/dL) are at a particularly higher risk for the development of CIN [32].

## Age

In many studies, higher prevalence of CIN was observed in patients with increased age, possibly reflecting the decline in renal function with age. Advanced age is associated with increased vascular stiffness with declined endothelial function resulting in reduced vasodilator responses as well as a reduced capacity for vascular repair with pluripotent stem cells. All these factors together increase the risk of CIN in the elderly patient and reduce the potential for prompt recovery [33].

## **Reduction of effective intravascular volume**

Reduction of effective intravascular volume (due to congestive heart failure, liver cirrhosis, or abnormal fluid losses), prolonged hypotension (especially when induced by intensive antihypertensive treatment combined with angiotensin-converting enzyme (ACE) inhibitors, and diuretics, most notably furosemide), and dehydration have been reported as contributing to prerenal reduction in renal perfusion, thus enhancing the ischemic insult of contrast media [34].

## Prevention

Although prophylactic hydration has been promising in decreasing the occurrence of CIN, other efforts such as diuretics [35], calcium channel blockers [36], theophylline [37], aminophylline [38], atrial natriuretic peptide [39], dopamine [40], and fenoldopam [41] have been disappointing in decreasing the incidence of CIN [42]. Because contrast agents preferentially reduce flow to the outer medulla, attempts to prevent CIN with vasodilators that do not augment medullary blood flow could worsen tissue hypoxia and thereby increase the incidence of contrast nephropathy [43].

Dopamine partially restored flow to the inner and outer cortex but had no effect on blood flow to the outer medulla [44]. However, CIN might result from hyperosmolar stress in the renal medulla, which is oxygen-deficient [45].

# Volume and type of contrast

Existing evidence indicates that among patients with preexisting chronic kidney disease, the incidence of contrast nephropathy is not impacted by the volume of contrast. In a recent study to evaluate the role of volume of contrast in the development of nephropathy, Tardos et al. [46] reviewed 931 cases of coronary angiography and found 117 patients who had preexisting kidney disease (creatinine clearance b60 ml/min). They compared 22 patients who fulfilled the criteria for nephropathy with those without nephropathy and found that the volume of contrast was similar in both groups. Gadolinium-based media have been proposed as the

feasible alternatives to iodinated contrast for use in patients considered at high risk for nephropathy [47]. Kaufman et al. [48] have successfully used gadopentetate dimeglumine as contrast agent during peripheral vascular interventions in two patients, with no subsequent nephropathy.

Matchett et al. [49] used gadopentetate dimeglumine as contrast agent at digital subtraction angiography in one azotemic patient without complication. Rieger et al. [50] studied the effect of gadopentetate dimeglumine on renal function in 32 angiographic procedures among 29 patients with advanced renal insufficiency (59% diabetic). Only one patient who had undergone renal angioplasty and stenting developed worsening of renal function; this was attributed to possible cholesterol embolism. Using gadolinium dimeglumine to perform 34 digital subtraction angiographies in 31 patients with previous anaphylactic reaction to iodinated contrast agents, Hammer et al. [51] observed no side effects. Spinosa et al. [52] used gadodiamide as the angiographic contrast agent in diagnosis of renal artery stenosis in 25 procedures involving 24 patients with renal insufficiency. There was an increase in creatinine following two of the procedures. One of these patients had transplant rejection, and the other had evidence of cholesterol embolization. Gadodiamide appears to be a safe contrast in patients with renal insufficiency.

#### Ascorbic acid

Preliminary evidence supports a role for the prophylactic use of ascorbic acid in protecting against CIN. In a randomized, double-blind, placebo-controlled trial of ascorbic acid vs. placebo, Spargias et al. [53] evaluated the protective effect of ascorbic acid in 231 patients with a serum creatinine 1.2 mg/dl who underwent coronary angiography and/or intervention. A total of 7 g of ascorbic acid was administered in three doses (starting at least 2 h prior to the procedure, followed by two doses postprocedural).

CIN was noted to occur less commonly among the ascorbic acid group compared to the placebo group (9% vs. 20%, respectively; odds ratio: 0.38, 95% confidence interval: 0.17–0.85, P=.02). The mean increase in serum creatinine was also significantly greater in the placebo group than in the ascorbic acid group.

#### Dialysis

Current evidence does not support the prophylactic use of dialysis for prevention of contrast nephropathy in patients with or without renal insufficiency [54]. However, Marenzi et al. [55] have successfully used hemofiltration in prevention of contrast nephropathy in 114 patients with chronic renal failure undergoing intravenous contrast studies. They compared 56 patients who only received hydration with 58 patients who received hemofiltration. Both interventions were initiated 4–8 h before the contrast exposure. The hemofiltration group demonstrated a benefit in all outcomes measured: incidence of nephropathy (5% vs. 50%), requirement of dialysis (3% vs. 25%), in-hospital mortality (2% vs. 14%), and 1-year mortality (10% vs. 30%). It is noteworthy that although very impressive, this is a preliminary study, and

further studies are required before hemofiltration can be incorporated as the standard of care in prevention of contrast nephropathy.

## Future development

To decrease contrast exposure to the kidneys, there are investigational devices designed to infuse protective drugs into the renal arteries. One of the devices uses a bilateral catheter system to perfuse the renal bodies intra-arterially [56]. The long-term benefit of this device needs to be studied in future trials. A novel method for removing contrast from coronary sinus to decrease contrast exposure to the kidneys has been tested in animal models byMogahed et al. [57] and could be a promising new development in the future.

## Conclusion

CIN is a life-threatening condition in predisposed patients after iodine contrast exposure. Many medications for the prevention of CIN are tested in clinical trials with mix results. Currently, intravenous hydration remains the gold standard for prevention of CIN. Most experts suggest the use of NAC in high-risk patients due to the lack of significant side effects. The use of sodium bicarbonate infusion is promising in the prevention of CIN but requires further studies before it is routinely used in clinical practice.

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