

## Original Research Reports

# Serotonin Reuptake Inhibitors and Bleeding Risks in Major Orthopedic Procedures

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**Background:** Risk of abnormal bleeding in surgery patients prescribed serotonin reuptake inhibitors (SRIs) is unclear. Considering the quantity of literature on abnormal gastrointestinal (GI) bleeding with SRIs, relatively little exists on SRI bleeding risks in surgical procedures. We investigated whether SRIs increase the risk of surgical bleeding in patients undergoing knee and hip total joint replacement. **Methods:** RA retrospective case-control study was conducted among subjects undergoing primary total hip and knee replacement surgeries from January 2005 to March 2011 at a single institution. The experimental group was defined by utilization of SRIs at the time of surgery (the independent variable). The control group was matched for age, sex, ethnicity, and type of surgery (hip or knee). Any case with preoperative hematocrit <30, platelets <100,000; abnormal prothrombin time, partial-prothrombin time, and international nor-

malized ratio (INR), primary bleeding disorder, medical conditions, or medications associated with increased bleeding was excluded. All cases were randomly selected. **Results:** RA total of 194 subjects (hip 104, knee 90) were included. Statistical analysis was performed on the SRI group (n = 71) and the control, non-SRI group (n = 123). No difference was found between the groups in estimated blood loss, hemoglobin, hematocrit, platelets, PT, PTT, and INR from preoperative to postoperative day 1, 2, and 3. Furthermore, no subjects in either group required blood transfusions. **Conclusion:** SRIs were not associated with increased risk of bleeding in primary knee or hip replacement surgeries in this study. The hypothesis that SRIs increase the risk of bleeding based on pre-susptions about their action on platelet aggregation is uncertain and warrants further study.

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Serotonergic antidepressants are the most widely prescribed class of antidepressant medications.<sup>1</sup> The development of selective serotonin reuptake inhibitors (SSRIs) has led to an approximate 3-fold increase in antidepressant use for the treatment of primary care patients with depression.<sup>2</sup> In addition to SSRIs, dual acting serotonin and norepinephrine reuptake inhibitors such as venlafaxine and duloxetine are also widely used for treatment of depression. Collectively, these two classes of serotonergic antidepressants will be referred to as serotonin reuptake inhibitors (SRIs). The popularity of SRIs stems not only from their efficacy but also from a significantly less

serious side-effect profile compared with older antidepressants (e.g., tricyclics and MAOIs).<sup>3</sup> Nonetheless, SRIs have their own profile of adverse effects. These

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## SRI and Bleeding Risks

include the syndrome of inappropriate antidiuretic hormone secretion (SIADH), serotonin syndrome, serotonin-discontinuation syndrome, adverse neonatal/pregnancy effects, and bleeding. The complication, bleeding, is the focus of this article.

Bleeding complications of surgery constitute a substantial source of financial burden, patient morbidity, and mortality. Significant intraoperative bleeding may require blood transfusion and all of the inherent risks thereof. Even with meticulous surgical technique, certain operative procedures have a well-documented associated blood loss. Major orthopedic operations, such as total hip or knee replacement, result in some of the higher volumes of blood loss.<sup>4-8</sup>

Drugs that cause prolonged bleeding, such as aspirin and non-steroidal anti-inflammatory drugs (NSAIDs), are routinely stopped well ahead of surgery. However, SRIs are rarely, if ever, stopped prior to surgery due to concerns about bleeding. In an article by Movig et al.,<sup>9</sup> it was determined that the risk of transfusion nearly quadrupled (adjusted OR 3.71, 95% CI 1.35-10.18) in the group taking serotonergic antidepressants. They also found that patients on serotonergic antidepressants had double the volume of intraoperative blood loss (1019 mL vs. 582 mL,  $p = 0.001$ ). The main pharmacologic explanation for this finding has been the effect of serotonergic drugs on platelet aggregation. The limitations of the study were lack of control for significant confounding variables including concurrent use of medications and comorbid medical conditions that affect bleeding and homeostasis.

Numerous published studies and case reports suggest that SRIs may increase bleeding, but none excluded confounding variables that could affect bleeding, other than concurrent use of serotonergic medications. We know that patients on NSAIDs, steroids, and other anticoagulants have higher risk of bleeding. Therefore, we used extensive and strict criteria that excluded patients with these confounding variables to include any comorbid medical conditions and medications that could affect bleeding. Our study attempts to address an inconsistency between the literature and actual medical practice. That is, the medical literature reports increased risk of bleeding with SRIs (Movig et al. demonstrated four times the risk of bleeding and need for transfusions); however, in clinical practice, it is accepted that the risk of bleeding and need for additional transfusion is low.

The risk of abnormal bleeding in patients who take SRIs and undergo surgical procedures remains unclear. Considering the quantity of literature on abnormal gastrointestinal bleeding with SRIs,<sup>10-24</sup> little exists on SRI

bleeding risks in surgical procedures.<sup>8,9,25-28</sup> Previous publications have investigated and reviewed possible mechanisms by which SRI medications may exert their pharmacologic effect.<sup>29-37</sup> Our study's purpose was to test the hypothesis that SRIs increase the risk of bleeding during hip and knee replacement surgeries.

## METHODS

The study was approved by the Naval Medical Center Portsmouth (NMCP) institutional review board (IRB) and was conducted in a 326-bed, multi-specialty tertiary care military and teaching hospital (NMCP). A retrospective chart review was conducted for subjects who underwent total knee and/or hip replacement surgeries at NMCP between January 2005 and June 2011. The subjects were military health beneficiaries over 18 years of age who had hip or knee replacement during the period from January 2005 to March 2011. All subjects were selected at random via the hospital's computerized database. Procedure codes for all orthopedic operations performed during the study period were used. The experimental group consisted of subjects who were on SRIs at the time of surgery.

This retrospective case-control study investigated subjects who underwent a primary total hip or knee replacement surgery during the specified period. The SRI subjects were all on either SSRIs or SNRIs (Table 1). The non-SRI control subjects were matched to the SRI experimental subjects by age, sex, ethnicity, and type of surgery (hip or knee). Any case with pre-morbid hematocrit <30, platelets <100,000, abnormal PT/PTT/INR, primary bleeding disorders, medical conditions, or medications associated with increased bleeding were excluded (Table 2).

Estimated blood loss (EBL) was obtained from the anesthesia report. EBL was based on weighing of laps,

**TABLE 1. Inclusion Criteria: Serotonergic Antidepressant Medications**

Serotonin Reuptake Inhibitors (SRIs)	Number of Cases (n)
Sertraline (Zoloft)	23
Venlafaxine (Effexor)	14
Duloxetine (Cymbalta)	10
Escitalopram (Lexapro)	9
Paroxetine (Paxil)	6
Citalopram (Celexa)	3
Trazodone (Desyrel)	3
Fluoxetine (Prozac)	2
Mirtazapine (Remeron)	1
TOTAL	71

**TABLE 2. Exclusion Criteria**

Abnormal Laboratory Tests	Primary Bleeding and Blood Disorders	Medical Conditions Associated With Increased Bleeding
<ul style="list-style-type: none"> <li>• Thrombocytopenia defined as platelet count &lt;100,000</li> <li>• Preoperative hematocrit &lt;30</li> <li>• Abnormal coags:               <ul style="list-style-type: none"> <li>○ PT (normal 10–13)</li> <li>○ PTT (normal 28–38)</li> <li>○ INR (0.9–1.2)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Hemophilia A (Factor VIII deficiency)</li> <li>• Hemophilia B (Factor IX deficiency)</li> <li>• Von Willebrand disease</li> <li>• Sickle cell anemia</li> <li>• Sickle cell trait</li> <li>• Thalassemia, major and minor</li>   <li>• Hereditary spherocytosis</li> <li>• Anemia, unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Hepatic failure</li> <li>• Renal failure</li> <li>• Chronic immunosuppression</li> <li>• Organ transplant recipient</li> <li>• Rheumatoid arthritis</li> <li>• Systemic lupus erythematosus (SLE)</li> <li>• Bone marrow transplant</li> </ul>
Medications Associated With Increased Bleeding		
Antiplatelets	Anticoagulants	NSAID (Ingestion Within 14 Days)
<ul style="list-style-type: none"> <li>• Aspirin (acetylsalicylic acid) 81 mg/d or greater</li> <li>• Clopidogrel (Plavix)</li> <li>• Ticlopidine (Ticlid)</li> <li>• Abciximab (Reopro)</li> <li>• Dipyridamone (Persantine)</li> <li>• Eptifibatid (Integrilin)</li> <li>• Tirofiban (Aggrastat)</li>   <li><b>Other Drug Classes</b></li> <li>• Calcium channel blockers</li> <li>• Corticosteroids</li> <li>• Iron supplements</li> <li>• Methotrexate</li> </ul>	<ul style="list-style-type: none"> <li>• Heparin</li> <li>• Enoxaparin (Lovenox)</li> <li>• Fondaparinux (Arixtra)</li> <li>• Dalteparin (Fragmin)</li> <li>• Tinzaparin (Innohep)</li> <li>• Bivalirudin (Angiomax)</li> <li>• Lepirudin (Refludan)</li> <li>• Vitamin K Inhibitor               <ul style="list-style-type: none"> <li>○ arfarin (Coumadin)</li> <li>○ enocoumarol (Sintrom, Sinthrome)</li> <li>○ icoumarol</li> </ul> </li> <li>• Phenprocoumon (Marcoumar)</li> </ul>	<ul style="list-style-type: none"> <li>• Ibuprofen (Advil, Motrin)</li> <li>• Sulindac (Clinoril)</li> <li>• Naproxen (Miranax, Naprosyn)</li> <li>• Ketoprofen (Orudis, Oruvail)</li> <li>• Indomethacin (Indocin, Indocid)</li> <li>• Dexibuprofen</li> <li>• Ketorolac (Toradol, Acular)</li> <li>• Diclofenac</li> <li>• Lornoxicam</li> <li>• Meloxicam (Mobic)</li> <li>• Piroxicam (Feldene)</li> <li>• Nabumetone (Relafen, Relifex)</li> <li>• Flurbiprofen (Ansaid)</li> <li>• Mefenamic Acid (Ponstel)</li> <li>• Oxaprozin (Daypro)</li> <li>• Tolmetin (Tolectin)</li> <li>• COX-2 Inhibitor               <ul style="list-style-type: none"> <li>○ Celecoxib (Celebrex, Celebra)</li> </ul> </li> </ul>

patient response, and surgeon's input to the anesthesia. EBL is understood in the surgical community to have inherent errors and is not absolute. For this reason, other indicators to assess the amount of blood loss were evaluated. Laboratory data on hemoglobin, hematocrit, platelets, PT, PTT, and INR from preoperative to postoperative days 1, 2, and 3 were collected. (Patients were usually sent home by post-op day 3 and that is the last point at which lab data was available for most patients).

In order to provide an adequate level of protection to guard sensitive information, all patient records were de-identified and then coded by research assistants.

## RESULTS

The orthopedic procedures included bilateral as well as unilateral knee and hip surgeries. One hundred ninety-four subjects (knee 90; hip 104) were included in the analyses below. Statistical analysis focused on SRI users ( $n = 71$ ) and non-SRI users ( $n = 123$ ).

The two groups' demographic variables were matched and found to be equivalent. There was no difference in age between the two groups [ $p = 0.610$ ;  $SRI M = 55.41$  ( $SEM = 1.29$ ), non- $SRI M = 56.24$  ( $SEM = 0.99$ )]. There was no difference between the groups in terms of subject gender ( $p = 0.195$ ). Females comprised 70% of the sample population. Finally, there were no differences in ethnic background among the subjects ( $p = 0.209$ ). There was a difference in the number of bilateral vs. unilateral surgeries ( $p < 0.002$ ); there were fewer bilateral surgeries (Table 3).

According to anesthesia reports, there was no difference in estimated blood loss between the two groups ( $p = 0.436$ ) (Figure 1) using a repeated measures analysis of variance (ANOVA). In addition, both groups received equivalent amounts and types of fluid during surgery ( $p = 0.055$ ). Repeated measures ANOVA analyses were used for measures of hemoglobin (HGB), hematocrit (HCT), platelets (PLTS), prothrombin time

**TABLE 3. Types of Surgeries in SRI and Non-SRI Groups**

Count	Bilateral Total Knee	Left Total Hip	Left Total Knee	Right Total Hip	Right Total Knee	Total
SRI	3	18	15	16	19	71
% of Total	1.50%	9.30%	7.70%	8.20%	9.80%	36.60%
non-SRI	4	46	20	24	29	123
% of Total	2.10%	23.70%	10.30%	12.40%	14.90%	63.40%
Total	7	64	35	40	48	194
% of Total	3.60%	33.00%	18.00%	20.60%	24.70%	100.00%

(PT), partial thromboplastin time (PTT), and international normalized ratio (INR), from preoperative surgery (pre-op) to postoperative surgery (post-op) days 1, 2 and 3 (Table 4). For each of the measures, there were no differences between the groups [HGB  $p = 0.168$ ; HCT  $p = 0.762$ ; PLTS  $p = 0.163$ ; PT  $p = 0.271$ ; PTT  $p = 0.546$ ; INR  $p = 0.915$ ]. There was a decrease in hemoglobin from preoperation to postoperation days 1, 2, and 3 ( $p < 0.001$ ; see Figure 2), however, this decrease was equivalent between the two groups ( $p = 0.300$ ). In addition, no blood transfusions were required in any of the subjects in either group. Hematomas were not a major consequence given that no patient required surgical decompression postoperatively.

DISCUSSION

We found no statistically significant difference in the change in hemoglobin, hematocrit, platelet counts, PT, PTT, and INR from preoperation to postoperation days 1, 2, and 3 in patients who underwent total hip or knee replacement surgeries while on SRIs compared with those

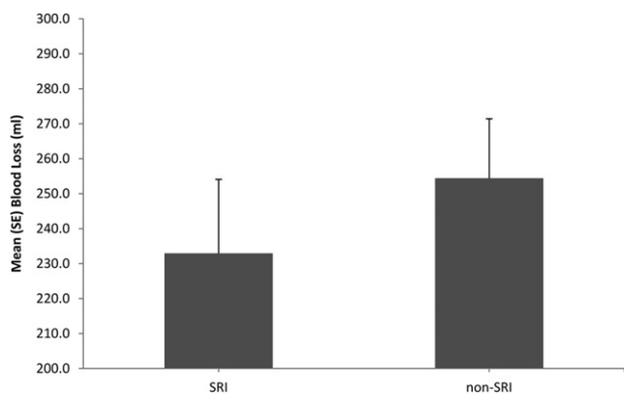
not on SRIs. Moreover, no difference in estimated blood loss was observed in the two groups. In short, taking SRIs was not associated with an increased risk of bleeding in this retrospective case controlled study. This negates our hypothesis and those of previous studies. It also contradicts the presumed SRI action on platelet aggregation that suggests an increased risk of bleeding in orthopedic surgeries.

Our findings lead to questions regarding the theoretical mechanism of SRIs' effect on bleeding. The current theory states that SRIs in the nervous system inhibit serotonin transport protein and block the uptake of synaptic serotonin into presynaptic neurons. Similarly, SRIs inhibit the entry of serotonin from blood into platelets.<sup>31,32</sup> During vascular injury, serotonin is released from platelets into the bloodstream and is involved in platelet aggregation.<sup>32</sup> Since platelets do not synthesize serotonin, SRIs could deplete intraplatelet serotonin stores and, therefore, decrease the efficacy of platelet mediated hemostasis.<sup>31</sup> This is the proposed mechanism by which SRI could predispose a patient to bleeding disturbance. Even though not directly studied here, our findings did not show any increase risk in bleeding and, therefore, this presumed pharmacologic mechanism.

Numerous studies suggest an association between SRIs and increased risk in bleeding from the upper GI tract.<sup>10-24</sup> A meta-analysis on GI bleeds and SRIs suggests that the only consistent finding in the literature is that this phenomenon is specific to gastric mucosa (a target tissue for SRIs) and not an intrinsic property of platelets.<sup>16</sup> Routinely, drugs that cause prolonged bleeding like aspirin, NSAIDs, or other antiplatelets are stopped well ahead of surgery. However, serotonergic antidepressants are rarely, if ever, stopped prior to surgery because of concerns about bleeding.

The strengths of our study are strict inclusion and exclusion criteria, case-matched design, and a large number of cases done at a single facility by surgeons using similar technique and medical management. Ex-

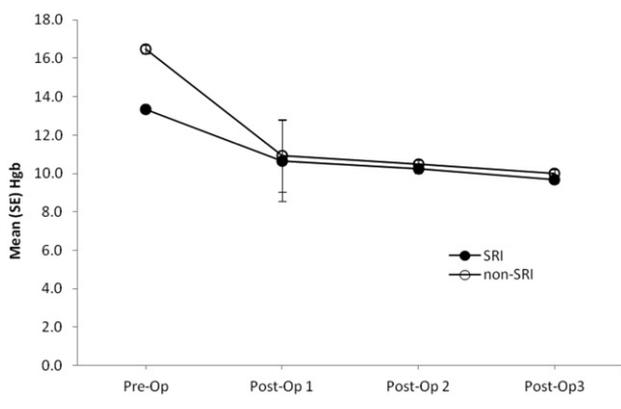
**FIGURE 1. Estimated Blood Loss Between SRI and Non-SRI Group.**



**TABLE 4. Descriptive Statistics for HGB, HCT, PT, PLTS, PTT, and INR**

	SRI		non-SRI	
	Mean	SE	Mean	SE
<b>HGB</b>				
Pre-op	13.33	2.11	16.46	1.88
Post-op day 1	10.66	0.24	10.93	0.22
Post-op day 2	10.24	0.19	10.48	0.17
Post-op day 3	9.66	0.24	10.02	0.21
<b>HCT</b>				
Pre-op	50.29	7.53	40.97	6.61
Post-op day 1	31.11	0.7	31.88	0.61
Post-op day 2	29.8	5.63	36.96	4.94
Post-op day 3	28.1	3.83	33.73	3.36
<b>PLTS</b>				
Pre-op	287.5	12.38	262.06	11.26
Post-op day 1	214.21	10.34	194.02	8.71
Post-op day 2	194.12	9.62	178.98	8.09
Post-op day 3	202.24	10.19	186.15	8.58
<b>PT</b>				
Pre-op	13.45	0.28	13.33	0.38
Post-op day 1	14.83	0.14	14.87	0.2
Post-op day 2	16.8	0.36	17.87	0.49
Post-op day 3	18.58	0.92	22.08	1.25
<b>PTT</b>				
Pre-op	28.94	1.1	30.76	0.98
Post-op day 1	31.51	4.86	35.87	4.3
Post-op day 2	35.69	1.19	36.24	1.06
Post-op day 3	42.61	1.17	40.33	1.92
<b>INR</b>				
Pre-op	0.99	0.04	1.04	0.04
Post-op day 1	1.15	0.02	1.143	0.02
Post-op day 2	1.39	0.05	1.38	0.05
Post-op day 3	1.65	0.09	1.58	0.1

tensive exclusion criteria were required to avoid confounding factors leading to increased bleeding. Although this study only involves military beneficiaries at a single medical center, this sample is most likely generalizable for adults of a similar demographic. It should

**FIGURE 2. Mean and Standard Error of Hemoglobin Levels at Preop, and Days 1 to 3 Post-Surgery.**

be noted that there were significantly more female subjects in the experimental group. The control group was matched to reproduce this gender difference, which is reflective of the prescribing patterns of antidepressants in the general population (woman are two to three times more likely to take antidepressants).

Estimated blood loss reported by surgeons and documented by anesthesiologists may have some variability, but because it is an 'estimate' we doubt any significant variance would have been neglected (e.g., 200 mL vs. 400 mL is a notable difference).

Increased research regarding the effects of serotonergic antidepressants on hemostasis and bleeding risk is needed. This information would be essential not only for psychiatrists and surgeons, but also internists and other specialists who perform medical clearances for surgical procedures. To close, the hypothesis that SRIs increase the risk of bleeding based on present belief about their action on platelet aggregation is uncertain and warrants further study.

## SRI and Bleeding Risks

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