Tranexamic Acid (TXA) in Upper Gastrointestinal Bleeds – **Systematic Review and Meta-analysis**

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Background

- Tranexamic acid (TXA) is classified as an antifibrinolytic agent used to manage haemorrhage-related trauma.
- TXA has been applied medically in situations where patients face a potential for excessive bleeding. Physicians prescribe it to avert heavy menstrual bleeds during surgery, curb postpartum bleeding, and other situations. Recent studies have begun investigating further applications of TXA.
- The widespread hypothesis is that TXA has utility in upper gastrointestinal (GI) bleeds.

Objective

Does usage of TXA have a significant effect in management of upper GI bleeds?

Methods

A systematic review and meta-analysis. The investigation was conducted according to the Cochrane methodology and reported using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA).

We retrieved 1572 articles from all databases and reference searches. After removing duplicates, 1443 articles were screened against the eligibility criteria.

Eligibility Criteria: RCT/CTs w/ subject involving patient w/ GI bleeds, receiving TXA intervention vs. placebo/control; outcomes involving mortality, rebleeding, adverse events, need for surgery, or need for blood transfusion.

Risk of Bias assessment was carried out meta-analysis. by two authors to determine each study's quality and risk of bias. This was performed using the Cochrane Collaboration Risk of Bias tool.

This research was supported (in whole or in part) by HCA Healthcare and/or an HCA Healthcare affiliated entity. The views expressed in this publication represent those of the author(s) and do not necessarily represent the official views of HCA Healthcare or any of its affiliated entities.

Results

AUTHOR	STUDY TYPE	(n)	CONTROL	INTERVENTION TYPE	ADMINISTRATION & DOSE	OUTCOMES	RESULTS	ADVERSE EVENTS
Biggs (1976)	RCT	103	97	TXA	1g IV stat then 1g PO QDS on day 1, then 1g QDS for 4 days	Mortality, Rebleeding, Need for surgery, Transfusion required	Mortality: 2/103 VS 4/96. Rebleeding: 7/103 VS 21/97. Need for surgery: 7/103 VS 21/97. Transfusion required: 77/103 VS 71/97	_
Bergqvist (1980)	RCT	25	25	ТХА	2g PO 4 hourly for Mortality, Need for two days surgery		Mortality: 3/25 VS 5/25. Need for surgery: 7/25 VS 7/25	_
Hawkey (2001)	RCT	103	103	TXA	2g PO bolus then 1g QDS for 4 days	Mortality, Rebleeding, Need for surgery, Transfusion required	Mortality: 4/103 VS 5/103. Rebleeding: 9/103 VS 10/103. Need for surgery: 5/103 VS 6/103. Transfusion required: 58/103 VS 60/103.	_
Roberts (2020)	RCT	5994	6015	TXA	1g IV stat then 3g infused over 24 hours	Mortality, Rebleeding, Need for surgery, Transfusion required	Mortality: 222/5994 VS 226/6015. Rebleeding: 287/5994 VS 315/6015. Need for surgery: 146/5994 VS 158/6015. Transfusion required: 4076/5994 VS 4129/6015	42/5994 VS 46/6015
Bagnenko & Verbitskiĭ (2011)	RCT	22	25	TXA	10 mg IV/PO TDS for 3 days versus placebo	Mortality, Rebleeding, Need for surgery, Transfusion required	Mortality: 1/22 VS 3/25. Rebleeding: 2/22 VS 5/25. Need for surgery: 1/22 VS 3/25. Transfusion required: 14/22 VS 13/25	_
Tavakoli (2017)	RCT	271	139	ТХА	1g administered every 6h (IV) in one group. AND 1g nasogastric tube followed by IV for 24 h.	Mortality, Rebleeding, Need for surgery	Mortality: 3/271 VS 6/139. Rebleeding: 20/271 VS 13/139. Need for surgery: 7/271 VS 2/139	55/271 VS 3/1
Smith (2018)	RCT	49	47	ТХА	1000mg every 6 hours given orally. Intervention was continued for 4 days	Mortality: 2/49 VS 1/47. Rebleeding: 9/49 VS 12/47		1/49 VS 2/47
Saidi (2017)	RCT	67	64	TXA	1 gram diluted in 250 cc of saline solution via nasogastric tube.	Mortality, Rebleeding	Mortality: 4/67 VS 9/64. Rebleeding: 4/67 VS 12/64	_
Karadas (2020)	RCT	78	79	ТХА	2000mg of 5% TXA in 100mL of isotonic saline solution	Mortality, Rebleeding, Need for surgery	Mortality: 8/78 VS 10/79. Rebleeding: 9/78 VS 8/79. Need for surgery: 3/78 VS 3/79.	_
Bashiri (2021)	RCT	35	35	TXA	1g (IV), followed by 3g over 24 h	Rebleeding, Transfusion required	Rebleeding: 8/35 VS 5/35. Transfusion required: 21/35 VS 8/35	_
Von Holstein (1987)	RCT	128	128	TXA	1g every 4 hours for 24 hours then 1.5g PO QDS for 5 days	Mortality, Rebleeding, Need for surgery, Transfusion required	Mortality: 2/128 VS 4/128. Rebleeding: 10/128 VS 19/128. Need for surgery: 3/128 VS 15/128. Transfusion required: 47/128 VS 54/128.	0/128 VS 2/12
Engquist (1979)	RCT	76	73	TXA	1g IV 4 hourly for 1 day then 1.5g PO QDS for 6 days	Mortality, Rebleeding, Need for surgery	Mortality: 11/102 VS 12/102. Rebleeding: 23/102 VS 29/102. Need for surgery: 10/102 VS 18/102	4/102 VS 2/10

Random sequence generation (selection bias

Allocation concealment (selection bias ding of participants and personnel (performance bias)

Blinding of outcome assessment (detection bias Incomplete outcome data (attrition bias

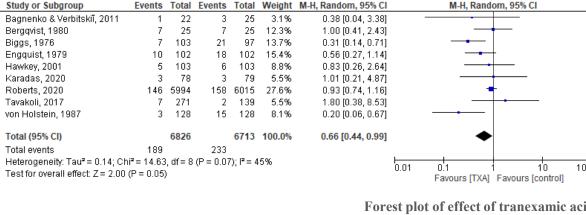
Selective reporting (reporting bia

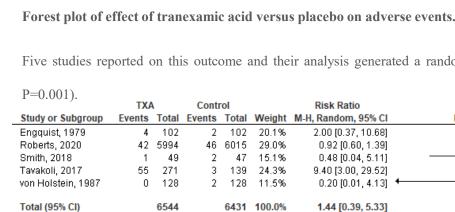
Unclear risk of bias Low risk of bias Forest plot of effect of tranexamic acid versus placebo on mortality

Eleven studies reported on this outcome and their analysis generated a random effects RR 0.91 [0.78, 1.08] a CI (12 = 0%, P=0.59) Events Total Events Total Weight M-H, Random, 95% C M-H, Random, 95% Cl
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Diggo, 1010	-			· · ·	1.070	0.11 [0.00] 2.01]					
Engquist, 1979	11	102	12	102	4.6%	0.92 [0.42, 1.98]			+		
Hawkey, 2001	4	103	5	103	1.6%	0.80 [0.22, 2.89]			+		
Karadas, 2020	8	78	10	79	3.5%	0.81 [0.34, 1.94]			•		
Roberts, 2020	222	5994	226	6015	82.1%	0.99 [0.82, 1.18]					
Saidi, 2017	4	67	9	64	2.1%	0.42 [0.14, 1.31]			+		
Smith, 2018	2	49	1	47	0.5%	1.92 [0.18, 20.46]			+		
Tavakoli, 2017	3	271	6	139	1.4%	0.26 [0.07, 1.01]			-		
von Holstein, 1987	2	128	4	128	1.0%	0.50 [0.09, 2.68]			+		
Total (95% CI)		6942		6824	100.0%	0.91 [0.78, 1.08]			•		
Total events	262		285								
Heterogeneity: Tau ² = 0.00; •	Chi ² = 8.35,	df = 10 ((P = 0.59	B); I ² = 0	1%				<u>+</u>		
Test for overall effect: Z = 1.0	06 (P = 0.29))					0.01	0.1 Favours (TXA)] Favou	10 Irs [control]	100

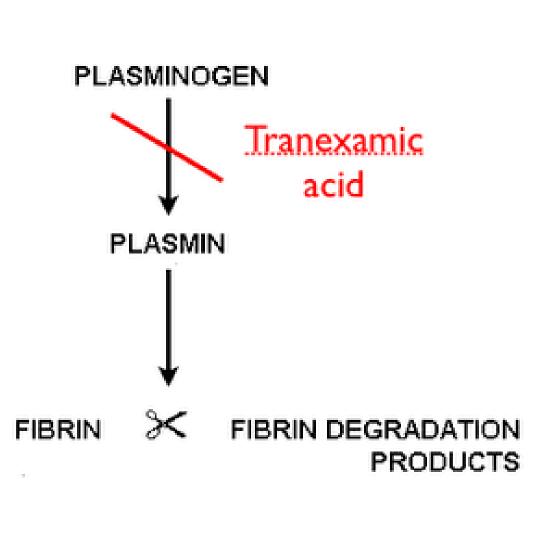
Forest plot of effect of tranexamic acid versus placebo on need for surgery. Nine studies reported on this outcome and their analysis generated a random effects RR 0.66 [0.44, 0.99] at 9 (I2 = 45%, P=0.07). TXA Control vents Total Weight M-H, Random, 95%





Risk Ratio

leterogeneity: Tau² = 1.50; Chi² = 18.01, df = 4 (P = 0.001); l² = 78% est for overall effect; Z = 0.54 (P = 0.59



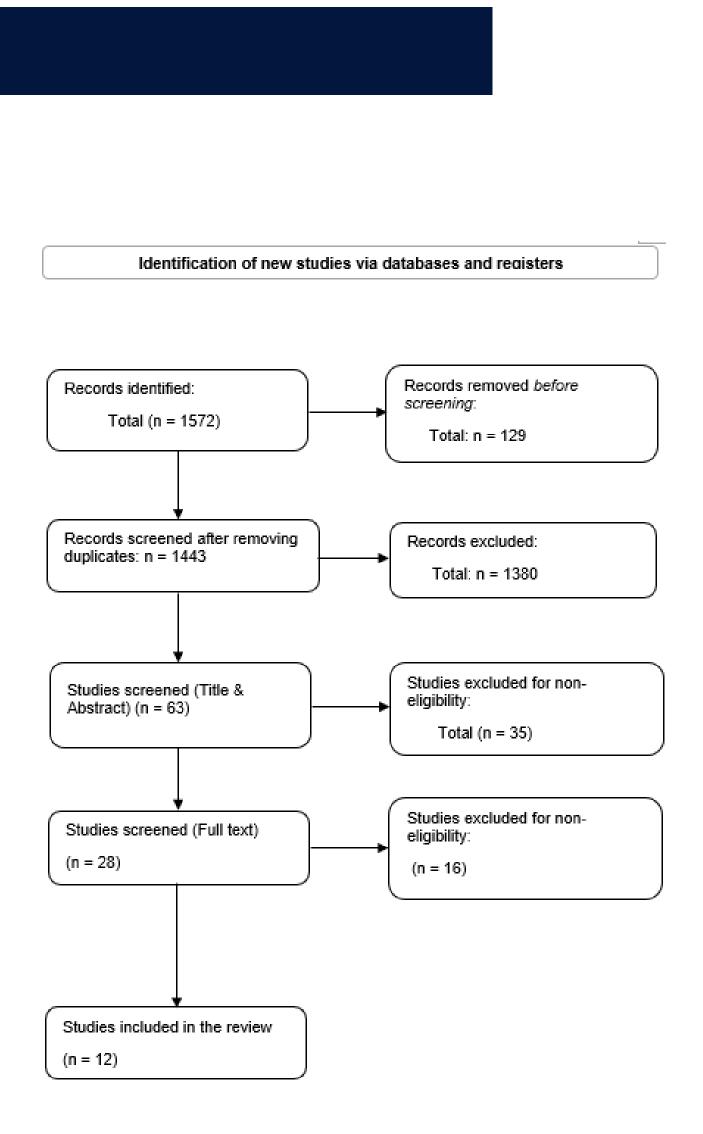
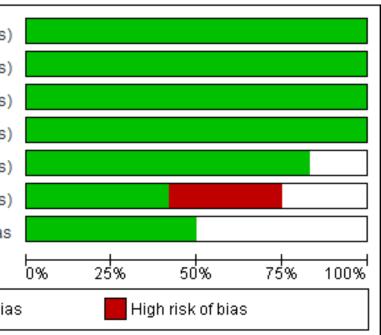


Figure 2: PRISMA flowchart depicting the selection of studies for this systematic review and

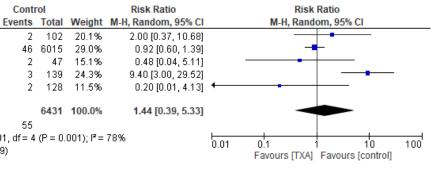
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95%	Eleven studies repo	rted on	this	outcor	ne ar	nd their	r analysis genera	ted a r	random effects RR 0.7	5 [0.60, 0.95] at 95%	, CI
	P=0.16).										
		TXA		Contr		101-1-1-4	Risk Ratio		Risk Ratio		
	Study or Subgroup						M-H, Random, 95% Cl		M-H, Random, 95% Cl		
	Bagnenko & Verbitskiĭ, 2011 Bashiri, 2024	2	22	5	25	2.2%	0.45 [0.10, 2.11]				
	Bashiri, 2021 Biggs, 1976	8 7	35 103	5 21	35 97	4.7% 6.9%	1.60 [0.58, 4.41] 0.31 [0.14, 0.71]				
	Engquist, 1979	23	103	29	102	14.6%	0.79 [0.49, 1.27]		_ _		
	Hawkey, 2001	20	102	10	103	6.2%	0.90 [0.38, 2.12]				
	Karadas, 2020	9	78	.0	79	5.8%	1.14 [0.46, 2.80]		_		
	Roberts, 2020		5994		6015	30.6%	0.91 [0.78, 1.07]		-		
	Saidi, 2017	4	67	12	64	4.2%	0.32 [0.11, 0.94]				
	Smith, 2018	9	49	12	47	7.5%	0.72 [0.33, 1.55]				
	Tavakoli, 2017	20	271	13	139	9.2%	0.79 [0.40, 1.54]				
	von Holstein, 1987	10	128	19	128	8.1%	0.53 [0.25, 1.09]				
	Total (95% CI)		695 2		6834	100.0%	0.75 [0.60, 0.95]		•		
	Total events	388		449							
	Heterogeneity: Tau² = 0.04; Cl			0 (P = 0.1	6); I² =	31%		0.01		100	
	Test for overall effect: Z = 2.34	(P = 0.02)						0.01	Favours [TXA] Favours [contr		
										- 1	
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04 d 0 d	TXA		Conti			Risk Ratio	Risk Ratio
Study or Subgroup	Events	Total	Events	Total	weight	M-H, Random, 95% Cl	M-H, Random, 95% Cl
Bagnenko & Verbitskiĭ, 2011	14	22	13	25	5.2%	1.22 [0.75, 2.00]	- +-
Bashiri, 2021	21	35	8	35	3.0%	2.63 [1.35, 5.11]	
Biggs, 1976	77	103	71	97	23.4%	1.02 [0.87, 1.20]	+
Hawkey, 2001	58	103	60	103	16.0%	0.97 [0.76, 1.22]	+
Roberts, 2020	4076	5994	4129	6015	41.2%	0.99 [0.97, 1.02]	•
von Holstein, 1987	47	128	54	128	11.3%	0.87 [0.64, 1.18]	
Total (95% CI)		6385		6403	100.0%	1.02 [0.90, 1.15]	•
Total events	4293		4335				
Heterogeneity: Tau ² = 0.01; Cl	hi² = 9.80,	df = 5 (P = 0.08)	; I² = 49	1%		

Five studies reported on this outcome and their analysis generated a random effects RR 1.44 [0.39, 5.33] at 95% CI ($I^2 = 78\%$,



- significant.

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Discussion

• After evaluating P-value of the outcomes (P=0.59 in mortality, P=0.16 in rebleeding, P=0.07 in need for surgery, P=0.08 in transfusion required, and P=0.001 in adverse events), the difference between TXA and placebo in 5/6 of the outcomes was not statistically

• HALT IT Trial by Roberts et al 2020 is the largest study of all, did not find any significant therapeutic effects of TXA in regards to mortality; total causes of mortality 3.77% vs. 4.17%

• 11 studies evaluating rebleed risk combined to give RR 0.75 [0.60, 0.95] at 95% CI (P=0.16), compared to purported rebleeding OR of 9.2 by Hawkey et al 2001; 5.58% vs. 6.57%.

• Similar care was observed in the events of surgery needs [(189/6826 (2.76%) versus 233/6713 (3.47%)] and blood transfusion

requirements [4293/6385 (67.23%) versus 4335/6403 (67.70%)].

• Lastly, patients receiving TXA had a higher occurrence of adverse events 102/6544 (1.55%) versus 55/6451 (0.85%), with effects such as nausea, thrombotic events, diarrhoea, dizziness, and hypotension.

Conclusion

The strengths of this investigation were the fact that we strictly used RCTs for the meta-analysis. Additionally, the investigation had low to moderate levels of heterogeneity and low levels of risk of bias. A weakness of the systematic review and meta-analysis is the use of studies with varying means of drug administration. All the same, the reliability of the evidence presented by these studies remains highly significant. In conclusion, we have found that TXA has a degree of therapeutic effects on upper GI bleeds, but it does not significantly affect the outcomes of treatment. Treating upper GI bleeds should be reserved for the currently used standard care procedures. More trials should be conducted on TXA to find a better application niche in upper GI bleeds therapeutic management.

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