

## **Oral Acetylcysteine (NAC)**

### **Background**

The Poison Centre does NOT endorse home or self-administration of oral NAC under any circumstances. At the very least, each dose **MUST** be observed by a HC Professional.

Oral NAC can be considered in rare circumstances when IV access is not available OR when a history of a severe reaction to IV NAC has been documented in the past.

Any vomiting of a NAC dose within an hour of administration requires a repeat oral dose. Oral NAC can be given if at least one hour has passed since the administration of activated charcoal.

### **Oral NAC Dosing**

#### **LOADING DOSE:**

Dilute 0.7 mL/kg (i.e. 140 mg/kg) of 20% NAC in three times the volume of juice.  
Give orally.

#### **Q4H MAINTENANCE DOSE:**

Dilute 0.35 mL/kg (i.e. 70 mg/kg) of 20% NAC in three times the volume of juice.  
Give orally every 4 hours.

Repeat [APAP], AST, ALT, PT/INR every 12 hours while using NAC.

Once STOPPING CRITERIA have been met, no further doses.

STOPPING CRITERIA NOT MET: Apply stopping rules at each 12 hour interval.

