Oral Valacyclovir Induced Crystal Nephropathy
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Introduction
Crystal induced nephropathy is a rare adverse effect of oral Valacyclovir administration.

Discussion
- Oral valacyclovir is generally well tolerated and frequently prescribed in the geriatric population.
- Crystal induced nephropathy is a known side effect; however this is almost exclusively seen with parenteral administration.
- PO administration does NOT usually cause tubular nephropathy.

Scholarly Question
What are potential risk factors for crystal induced nephropathy from oral valacyclovir administration?

Case Review
83 y/o female presented to clinic
- Dyspnea & AMS
- Recently hospitalized for Bell’s Palsy
- Discharge medications included oral Valacyclovir
- On presentation to clinic patient was alert to ONLY self

Initial Labs:
- Creatinine 5.78 (baseline 0.75)
- Calculated FeNa: 4.65%

Clinical Course
- Aggressive IV fluid replacement
- Goal urine output: 100 mL/hour
- Nephrology consultation
- Eventual resolution AKI

Risk Factors
- Dehydration
- Pre-existing renal disease
- Co-administration other renal toxic drugs

Conclusion
- Crystal induced nephropathy can be a result of administration of anti-viral medications and lead to the subsequent development of AKI.
- Family physicians need to be aware of these risks since these medications are frequently prescribed, especially in the geriatric population.

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