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A nephrology perspective on the clinical impact and management of delayed high-dose methotrexate elimination

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ABSTRACT

Introduction: Delayed methotrexate elimination (DME) is observed in ~15% of treatment cycles in patients with cancer receiving high-dose methotrexate (HDMTX). Given the strong association between DME and nephrotoxicity, oncologists might benefit from the input of a nephrologist/medical oncologist with a focus on nephrology when assessing and planning treatment for patients requiring HDMTX.

Areas covered: Identifying patients who are at risk of DME and related acute kidney injury (AKI), and developing a bespoke assessment and monitoring plan (with a focus on kidney assessment and monitoring), may help to reduce the risk of complications and enable the continuation of HDMTX treatment, hopefully optimizing long-term survival outcomes.

Expert opinion: In this perspective article, based on a search of PubMed literature and expert opinion, we explore the definition and causes of DME and AKI, and the impact of these on patients receiving HDMTX, and examine the key risk factors and early indicators of DME and AKI. A pathway with a nephrology focus is suggested for the assessment, monitoring, and treatment of patients with or at risk of DME.

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1. Introduction

Delayed methotrexate elimination (DME) is observed in ~15% of treatment cycles in patients with cancer receiving high-dose methotrexate (HDMTX) [1]. Given DME can lead to potentially life-threatening nephrotoxicity [1–3], the management of DME and related acute kidney injury (AKI) is important. It is imperative to understand the causes and risk factors of DME, and its impact on outcomes in the kidneys and other organ systems, subsequent oncology treatment, and survival. Once patients with or at risk of DME/AKI are identified, planning is required to optimize their cancer treatment pathway and reduce the likelihood of persistent and/or worsening toxicity.

This article looks at these topics in light of publication of European consensus guidelines on DME management in 2024 and the recent European Union (EU) approval of glucarpidase to reduce toxic methotrexate levels in adults and children with DME or at risk of methotrexate toxicity [1,4]. The content is based on a search of literature in PubMed (search terms including methotrexate, high-dose and kidney) up until May 2025 supplemented by our expert opinion and clinical experience.

2. Definition, causes, and impact of DME and AKI

Methotrexate is an antifolate chemotherapeutic agent that is often used at high doses (usually ≥ 500 mg/m², administered intravenously over several hours) to treat various hematologic malignancies and solid tumors [1–3]. An important toxicity associated with HDMTX is AKI [1–3]; this generally occurs within the first few days and is defined through an increase in plasma creatinine (typically ≥ 1.5 -fold increase within 4 days) with concomitant decrease in glomerular filtration rate (GFR) [1,2]. Other toxicities associated with HDMTX and DME include multi-organ failure (Figure 1) [1,3,5,6].

Given that methotrexate is predominantly cleared via the kidneys [2], AKI can result in DME, defined as a plasma methotrexate concentration ≥ 10 μ mol/L at 24 hours (for short infusions), ≥ 1 μ mol/L at 42/48 hours, or ≥ 0.3 μ mol/L at 72 hours post infusion [1]. Therefore, DME prolongs exposure to high, toxic concentrations of methotrexate and its metabolites, thereby increasing the risk of further toxicity [1–3]. Mechanisms underlying DME/AKI include crystal precipitation of methotrexate and its metabolites in kidney tubules, reduced perfusion from afferent arteriolar vasoconstriction, and direct tubular toxicity (Figure 1) [2,3,6].

Article highlights

- DME can complicate high-dose methotrexate treatment.
- DME can result in kidney and other organ damage if not managed appropriately.
- It is crucial to identify patients at risk of renal injury.
- At-risk patients may benefit from tailored management.
- Onco-nephrology specialists have a key role in the management of these patients.

Because DME can exacerbate AKI, which then may lead to further DME, managing HDMTX-induced DME is critical to prevent further toxicity and facilitate appropriate completion of anticancer treatment. Most cases of DME and AKI are reversible if treated quickly [2].

However, if methotrexate concentration is not lowered in a timely fashion then kidney damage may result (nephron loss and progression to acute/chronic kidney disease [CKD]) as well as damage to other organ systems, inadequate anticancer treatment (with the risk of affecting long-term outcomes), and potentially death [2,3].

2.1. Indicators

Although DME is defined by plasma methotrexate concentration, a potential early indicator of DME is an increase in plasma creatinine concentration 24–36 hours after HDMTX infusion (Figure 1) [1]. While often considered a lagging marker of kidney damage (i.e. with substantial kidney damage preceding significant increases in creatinine), there is evidence suggesting that increases in creatinine levels can develop well within 24 hours of methotrexate infusion [11,12]. A decrease in urinary output (oliguria) [1,3,7], a positive fluid balance, and weight gain may be further indicators of DME/AKI [1,3]. Damage- or stress- associated biomarkers of tubular injury (e.g. NGAL, KIM1, TIMP2, IGFBP7) may predict HDMTX-induced AKI, although their clinical role requires further validation [7,8,13].

2.2. Risk factors

Key risk factors for DME/AKI include pre-existing kidney dysfunction (any grade), volume depletion and concomitant use of other potential nephrotoxins (Table 1). Other important risk factors are indicated in Figure 1 [1–3,14,15]. When assessing the risk of DME/AKI, these factors should be considered in the context of the anticipated plasma methotrexate concentration based on the administered dose [1].

3. Assessment and monitoring

Initial assessment and serial monitoring of plasma methotrexate concentration and kidney function are essential for patients receiving HDMTX [1,2]. However, more intensive monitoring may be required for patients with known risk factors for DME, such as baseline kidney dysfunction [3], or infants who demonstrate high variability in methotrexate elimination [16]. A tailored health assessment framework for the kidneys, developed with nephrologist input, may be helpful prior to

HDMTX treatment. Differentiating between AKI, other acute kidney diseases and disorders, and CKD is an important aspect of the kidney assessment; point-of-care ultrasound, other imaging (e.g. magnetic resonance imaging or computed tomography [CT]), and additional blood and urine tests may be useful in this regard. The assessment should also review concomitant medications (e.g. antihypertensives, other cardiovascular medications, and antidiabetic treatments) for nephrotoxic potential (or indeed, renoprotective effects) and risk of drug–drug interactions.

As a minimum, plasma creatinine concentration and/or GFR (to assess kidney function) and methotrexate concentration (to assess DME, ideally using high-performance liquid chromatography) should be measured at least every 24 hours after HDMTX infusion until methotrexate concentration is acceptable (nontoxic) and any impairment in kidney function recovers [1,17]. International Consensus Guidelines for Anticancer Drug Dosing in Kidney Dysfunction (ADDIKD) recommend direct measurement of GFR (via clearance of exogenous markers) to assess kidney function in patients due to receive HDMTX [17,18]. When GFR cannot be directly measured, estimated GFR (eGFR) (typically calculated using the CKD Epidemiology Collaboration [eGFR_{CKD-EPI}] equation [2021], based on creatinine and/or cystatin C measurements) is, in our opinion, acceptable. Alongside these measurements, regular monitoring of clinical signs/symptoms, weight changes, fluid balance, and urine output help to identify early AKI after HDMTX treatment. Urine pH measurement can assess whether alkalization has been effectively achieved prior to administering HDMTX [3].

MTXPK.org is a useful, free tool to help monitor the pharmacokinetics of methotrexate, including in patients with DME, and guide the need for interventions [19].

4. Treatment planning

A proactive plan with regular review that considers all risk factors is needed to ensure HDMTX treatment success. Patients with risk factors of DME may require a reduced dose, particularly those with moderate-to-severe kidney impairment, prior HDMTX-associated toxicity, or poor performance status [1,3,17]; however, the risk of DME must be balanced with the risk of inadequate anticancer treatment. Temporary discontinuation of potentially nephrotoxic medications that may impact methotrexate elimination should be considered (Table 1) [1–3,17].

Supportive measures to prevent DME/AKI are required before, during, and/or after HDMTX treatment, particularly forced diuresis (dextrose/saline at a flow rate ≥ 2.5 L/m²/24 hours), urine alkalization (sodium bicarbonate supplementation of hydration fluid to achieve urine pH ≥ 7), and drainage of third-space effusions (Table 2) [1,17]. These measures dilute methotrexate in the urine, maintain urinary output and fluid balance, and prevent methotrexate crystallization in kidney tubules [1,3]. Patients with rapid weight gain suggestive of positive fluid balance, other signs of fluid retention, or kidney dysfunction may require loop diuretics to maintain urine production and prevent fluid overload (and associated complications), while patients with suboptimal urine alkalization may require acetazolamide (a diuretic that, unlike loop diuretics, is not associated with urine acidification) (Table 2) [1].

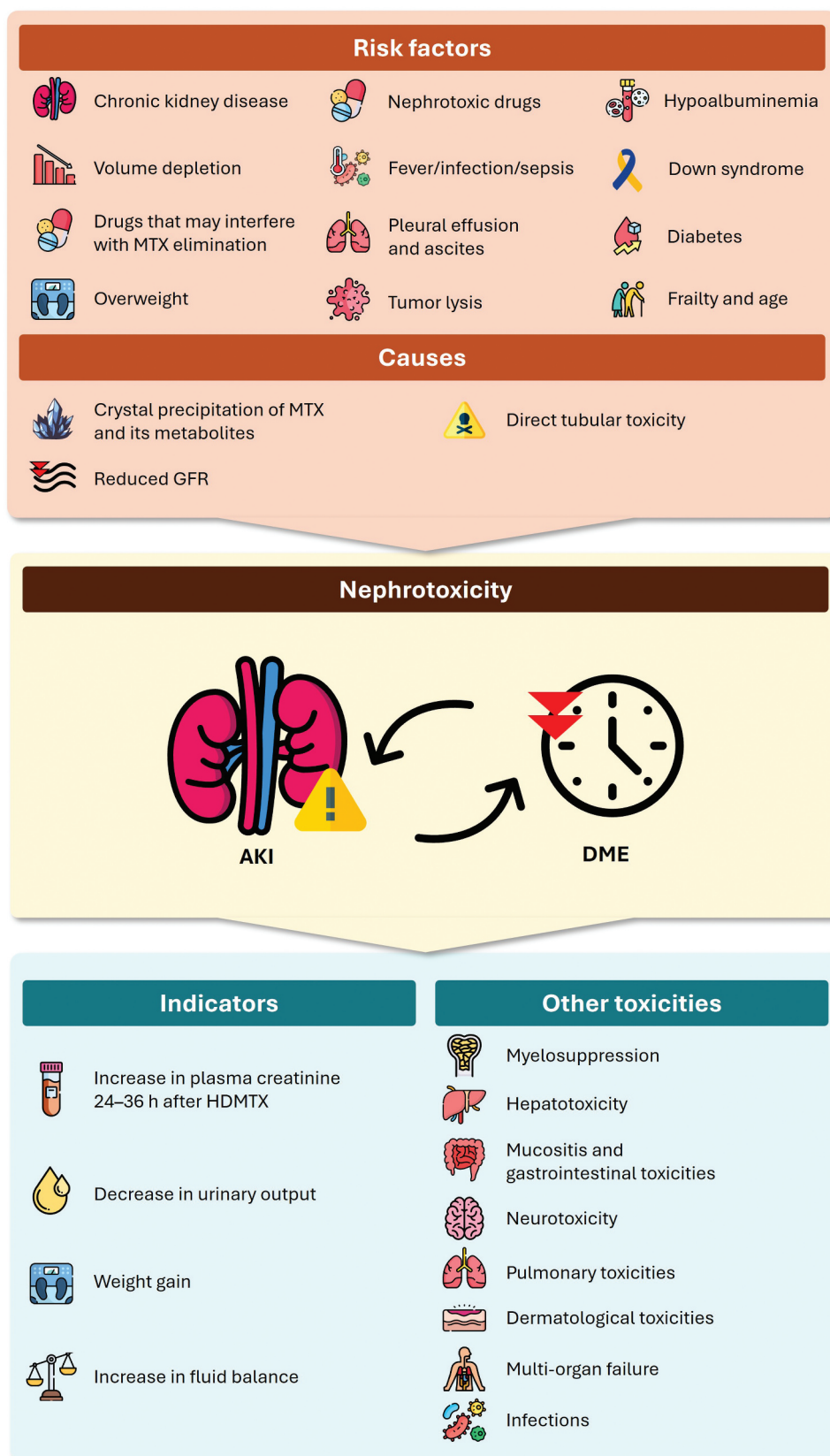


Figure 1. Risk factors and indicators associated with DME and/or AKI [1–3,5–10].

Abbreviations: AKI, acute kidney injury; DME, delayed methotrexate elimination; GFR, glomerular filtration rate; h, hours; (HD) MTX, (high-dose) methotrexate.

Table 1. Potentially nephrotoxic medications that may impact methotrexate elimination [1–3,14].

Potentially nephrotoxic medications that may impact methotrexate elimination
Major risk: use with caution or avoid
<ul style="list-style-type: none"> • Iodine-containing contrast media [1,3] • Proton pump inhibitors [1–3,14]
Moderate risk: monitor
<ul style="list-style-type: none"> • Antiepileptic: levetiracetam [3] • Non-steroidal anti-inflammatory drugs and acetylsalicylic acid (aspirin) [1,3,14] • Probenecid and weak organic acids (e.g. pyrazoles) [1,3] • Some antibiotics: beta-lactams, sulfonamides, and vancomycin [1,3,14]
Tyrosine kinase inhibitors and other nephrotoxic anticancer drugs [1]

Table 2. Supportive measures and leucovorin rescue for patients receiving HDMTX [1–3,17,20].

Supportive measures required before, during, and after HDMTX
Pre HDMTX
<ul style="list-style-type: none"> • Adjust initial HDMTX dose according to kidney function • Consider temporarily withdrawing any potentially nephrotoxic medications that might impact methotrexate elimination • Start hyperhydration with dextrose/saline at a flow rate $\geq 2.5 \text{ L/m}^2/24 \text{ h}$ • Ensure urine alkalization with sodium bicarbonate supplementation of the hydration fluid to achieve urine pH ≥ 7 • Drain all third-space effusions • Consider loop diuretics for patients with rapid weight gain, other signs of fluid retention, or kidney dysfunction • Consider acetazolamide in patients with suboptimal urine alkalization
During HDMTX
<ul style="list-style-type: none"> • Continue all instigated supportive measures, maintaining urinary output at $>100 \text{ mL/m}^2/\text{h}$ and urine pH ≥ 7 • Try to avoid weight gain
Post HDMTX
<ul style="list-style-type: none"> • Continue with all instigated supportive measures • Administer leucovorin (see local prescribing information for dosage information), usually 24–36 h after methotrexate, with further doses given at least every 6 h thereafter (with the dose adjusted according to plasma methotrexate concentration) until methotrexate is cleared to nontoxic levels • If patient shows signs of DME, optimize their supportive measures (including intensified hydration) and quickly implement emergency treatment to rapidly lower methotrexate concentration, ideally glucarpidase (or, if not available, higher-dose leucovorin) • Extracorporeal treatments may be considered in limited circumstances (e.g. when there is a large plasma methotrexate burden, anuria, or electrolyte imbalances) or when glucarpidase is unavailable, but should generally be avoided*, with glucarpidase generally outperforming extracorporeal methods

*Although these techniques can be used to lower plasma methotrexate concentration, extracorporeal treatments, such as hemodialysis, have little effect on intracellular methotrexate stores or the duration of methotrexate toxicity, and remove leucovorin from the blood.

Abbreviations: DME, delayed methotrexate elimination; h, hours; HDMTX, high-dose methotrexate.

Following HDMTX infusion, leucovorin (folinic acid) rescue is used to reduce the risk of DME-related complications (Table 2) [1,2,17,21]. Leucovorin, given to replenish depleted intracellular folate and reduce methotrexate toxicity, is usually administered 24–36 hours after methotrexate infusion. Further doses of leucovorin are given at least every 6 hours thereafter (with the dose adjusted according to plasma methotrexate concentration) until methotrexate is cleared to nontoxic levels. However, if given within 24 hours of HDMTX, leucovorin can interfere with its anticancer activity [1] by competing for cellular uptake [2].

When patients develop DME, this should be managed not only by optimizing supportive measures [1] but also with additional interventions, such as higher-dose leucovorin and, when appropriate, glucarpidase [1,2]. Extracorporeal treatments may be considered in some circumstances (e.g. when there is a large plasma methotrexate burden or if glucarpidase is unavailable) [1,20]; however, these are not recommended over glucarpidase [20], which typically outperforms methods such as hemodialysis (Table 2) [5,20].

The recombinant bacterial carboxypeptidase enzyme glucarpidase may be considered for patients with DME or at risk of methotrexate toxicity [2,4]. Glucarpidase acts by metabolizing methotrexate into two nontoxic, inactive metabolites, glutamate and 2,4-diamino-N10-methylptericoic acid (DAMPA), which are excreted in the urine or undergo further metabolism in the liver [1,2,4,6]. Safety and efficacy data show that glucarpidase is an effective and well-tolerated treatment to rapidly reduce plasma methotrexate concentration in both adults and children with DME [1,2,4,22–28]. Glucarpidase is recommended when plasma methotrexate concentration is >2 standard deviations above the mean expected elimination curve (based on the time and dose at which methotrexate was administered) or above prespecified threshold concentrations at designated post-infusion timepoints [1]. Across the EU, glucarpidase, at a single intravenous 50 units/kg bolus dose, is indicated to reduce toxic plasma methotrexate concentrations in adults and children (aged ≥ 28 days) with DME [4]. Administration of glucarpidase within 60 hours, but ideally within 48 hours, of HDMTX infusion or suspected toxicity is recommended in consensus guidelines and in the Summary of Product Characteristics [1,2,4].

A single dose of glucarpidase results in >95% median reduction in plasma methotrexate concentration within 15 minutes of administration and, for most patients, a sustained reduction lasting for several days [2,4,22–25]. This reduction in methotrexate concentration is often accompanied by an improvement and/or normalization in creatinine concentration over the following days [4,23,24]. Subsequent doses of glucarpidase appear to have little additional benefit in reducing methotrexate concentration [22,27,28]. Methotrexate concentration may rebound (likely to be clinically irrelevant [1]) >48 hours after glucarpidase treatment due to release from tissue stores; therefore, monitoring and leucovorin treatment are important in these cases [2]. Timely glucarpidase administration not only demonstrates a clinically important, sustained reduction in methotrexate concentration [4], but also reduces the length of hospital stay [29], decreases mortality [29], improves the odds of and time to renal recovery [30], and permits methotrexate rechallenge [31].

The empiric administration of glucarpidase at doses (1,000–2,000 units) below the standard, recommended dose of 50 units/kg has been investigated in patients receiving HDMTX as treatment for central nervous system lymphoma [32,33]. While routine planned, low-dose glucarpidase use was found to be feasible, use of lower than recommended doses of glucarpidase is not approved and may carry the risk of undertreatment and potential rebound effects.

Leucovorin should not be given within a 2-hour window either side of glucarpidase administration to avoid drug–drug interactions [1,2,4]. An increased leucovorin dose may be considered if glucarpidase is not available; however, there are concerns that high leucovorin doses may negatively impact the effectiveness of HDMTX [1,34,35].

HDMTX retreatment may be important to optimize long-term cancer outcomes and improve survival; however, its feasibility depends on recovery from prior complications and the risk of further DME and toxicity. Following a decrease in plasma methotrexate concentration and kidney recovery, careful planning may enable retreatment through GFR assessment versus a planned methotrexate dose. Avoiding extracorporeal treatments, such as hemodialysis, should be a key objective [20], as hemodialysis is associated with methotrexate rebound effects and an increased risk of infection and bleeding [1]. Hemodialysis is also less effective than glucarpidase at rapidly lowering methotrexate concentration and has little impact on methotrexate toxicity [20].

5. Conclusions

Given the association between methotrexate and nephrotoxicity, oncologists might benefit from input from a nephrologist or medical oncologist with a focus on nephrology when assessing and planning treatment for patients requiring HDMTX. Although it is helpful for all patients treated with HDMTX, nephrologist input might be particularly beneficial for children and patients at high risk of HDMTX DME to avoid progression to CKD. Identifying patients at risk of AKI and developing an assessment, monitoring, and treatment plan based on guidelines may help reduce the risk of complications and enable continuation of HDMTX.

6. Expert opinion

Although tailored management can be used in attempts to mitigate the risk of renal injury in patients treated with HDMTX, further research is needed to improve kidney outcomes. There are several pressing areas here. For example, the best method of differentiating between AKI and CKD as a cause of DME remains to be established. This will potentially include use of novel biomarkers. More knowledge is required to help determine early diagnostic tools and markers of DME other than creatinine concentration, especially damage markers and other measures of renal function. As previously mentioned, although damage- or stress-associated biomarkers of tubular injury such as NGAL, KIM1, TIMP2, and IGFBP7 may predict HDMTX-induced AKI, their clinical role requires further validation [7,8].

It will also be valuable to identify additional reliable risk factors for DME/AKI, including pharmacogenetic/pharmacogenomic markers (e.g. specific genetic polymorphisms). A recent systematic review found that methotrexate metabolism and clearance in pediatric patients with acute lymphoblastic leukemia may be influenced by several genes, including *SLCO1B1*, *ABCB1*, *ABCC2*, and *MTHFR*, with *SLCO1B1* variants having substantial and consistent effects on clearance [36].

Benefits will be accrued by improving the accuracy of kidney assessment, especially GFR assessment, validating clearance of new exogenous markers for directly measured GFR. Despite the utility of iohexol for measuring GFR, a range of different protocols are used in different centers, and there is a need for standardization [37]. The potential of real-time, point-of-care GFR measurement via fluorescent marker and transdermal detection methodology has been demonstrated but remains to be fully realized [38]. In addition, incorporation of CT-derived muscle mass measurements into eGFR equations could create more personalized estimates to account for differences in muscle mass. The development and validation of such an approach has recently been described, demonstrating its value in patients with atypical muscle mass who may already have received CT scans as part of their medical follow-up [39].

Attention should also focus on utilizing eGFR equations developed specifically for certain populations, thereby taking into account relevant population-specific characteristics that may confound estimation via standard formulae, e.g. use of the modified Schwartz ('bedside') equation in children [40], to avoid overestimating GFR in young patients, or the Chronic Kidney Disease in Children under 25 years old (CKiD U25) equations [41], covering adolescence and young adulthood, developed to be complementary to the modified Schwartz equation, allowing for use of cystatin C as well as serum creatinine. In the elderly, changes in muscle mass and renal physiology can also confound GFR estimation based on a single creatinine measurement and equations incorporating cystatin C may provide more reliable estimates [42].

Further knowledge in areas such as those described above will help to develop standardized protocols for kidney assessment/monitoring to guide use of HDMTX, especially in children for whom data are lacking. Ultimately, this should enable more precise tailoring of treatment to optimize use of HDMTX in all patients with cancer for whom this agent may provide therapeutic benefit.

Author contributions

All authors were involved in Conceptualization and Writing – review & editing. All authors have read and agreed to the published version of the manuscript.

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