Think twice before burn out

Dinitrophenol – DNP – is a cellular metabolic poison that is a precursor for TNT and shares a similar structure, it was previously used as an explosive. Available as an unlicensed weight loss and body building agent, easily obtained via the internet and highly toxic. Is absorbed by ingestion, Inhalation and via the skin.

**CASE**

A 28 year old female of Eastern European background self presented to AE with SOB for two days, profuse sweating and vomiting. She gave no history of iv drugs but was going to a gym from where she had obtained diet pills. Despite of BMI 23 she gradually increased dosage of the pills with 3 more/day, not being aware of the consequences, with an intention to lose weight. She gave no previous history of psychiatry issues.

On examination she was drowsy slight confused but orientated in time and place. Had profuse sweatingness and tachypnea. Her HR was 125, BP of 115/70 and Saturation 98%. Had a clear CXR and ECG showed sinus tachycardia. Her bloods were normal including CRP and D Dimer but had mild renal impairment. Over the next few hours she gradually deteriorated and became hypotensive 80/50 with a RR of 45. At that stage she was transferred from Resuscitation room to ITU for arterial line and aggressive fluid resuscitation.

Appropriate advice was taken from ToxBase regarding decontamination and decided that no SR was required.

In day three she developed rhabdomyolysis with CK of 7000 which improved with fluid management and didn’t required haemodialfiltration. With close monitoring she improved in 24 hours and was ready for discharge with bloods normal and advice from AMHAT prior to this. She is now a happily pregnant lady with her first child.

**DISCUSSIONS**

This is a case of a normal female patient with a BMI of 23 who was not aware of the potentially life threatening consequences of the unlicensed diet pills

She developed rhabdomyolysis, hypotension and profuse sweatiness which can lead to death if treatment is not initiated in time and poisoning is not recognized

High level of clinical suspicion with close monitoring is necessary in order to treat these cases of poisoning

Need for changing and monitoring the easily purchase of these unlicensed drugs over the internet

ABIPI implication and stopping these drugs from the “black market”

References: Poisoning and Drug Overdose Lange, 2011

New Black market designer drugs