Guidelines for the Use of Pletal® (cilostazol) for PAD-Induced Claudication

SPECIAL NOTE: Cilostazol is only subsidized by CareLink if prescribed by Vascular Service.

1. Prescriptions for cilostazol are limited to the Vascular Service.
2. Candidates for use of cilostazol should meet the following criteria:
   a. Patients with diagnosis of peripheral artery occlusive disease (PAD) induced intermittent claudication by history and physical exam and confirmed by Vascular Laboratory evidence.
   b. Patients without a history or physical exam evidence of Congestive Heart Failure (Use of cilostazol is contraindicated in patients with CHF.)
   c. Patients diagnosed with PAD induced intermittent claudication and are not a candidate for surgical or endovascular intervention due to:
      • Poor medical risk
      • Non-bypassable disease
      • Has already failed a bypass procedure and revision is not recommended
3. Recommended therapeutic dosing of cilostazol is 100 mg orally twice daily taken 30 minutes before or 2 hours after food.
   a. Cilostazol dosage is to be decreased to 50 mg orally twice daily if the drug is co-administered with other drugs metabolized by the cytochrome P-450 isoenzymes (especially isoenzymes 3A4 and 2C19). The following medications are examples of drugs metabolized by CYP450 isoenzymes. It is not intended to be a conclusive list.
      • Macrolide antimicrobials (such as erythromycin, clarithromycin)
      • Antifungal antimicrobials (such as itraconazole, fluconazole, ketoconazole, miconazole)
      • Selective Serotonin Reuptake Inhibitors (SSRIs) antidepressants (such as fluvoxamine, fluoxetine, sertraline)
      • Other antidepressants (such as nefazodone)
      • Diltiazem, a calcium channel blocker
   b. Grapefruit juice, which inhibits isoenzyme CYP3A4, should not be consumed while taking cilostazol.
   c. No effect was seen during the co-administration of lovastatin and cilastazol.
4. Patient on cilostazol must demonstrate by history or physical exam improvement after a three-month trial. If no improvement, cilostazol is discontinued.