

1 **Population pharmacokinetics and cerebrospinal fluid penetration of fluconazole in adults**
2 **with cryptococcal meningitis.**

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19 **Keywords:** Cryptococcal meningitis, pharmacokinetics, pharmacodynamics, fluconazole,
20 central nervous system pharmacokinetics

21

22 ABSTRACT

23 Robust population pharmacokinetic (PK) data for fluconazole are scarce. The variability of
24 fluconazole penetration into the CNS is not known. A fluconazole PK study was conducted
25 in 43 patients receiving oral fluconazole (usually 800 mg q24h) in combination with
26 amphotericin B deoxycholate (1 mg/kg q24h) for cryptococcal meningitis (CM). A 4-
27 compartment PK model was developed and Monte Carlo simulations performed for a range
28 of fluconazole dosages. A meta-analysis of trials reporting outcomes of CM patients treated
29 with fluconazole monotherapy was performed. Adjusted for bioavailability, the PK
30 parameter means (standard deviation) were: clearance, 0.72 (0.24) litres/hour; volume of
31 the central compartment, 18.07 (6.31) litres; volume of central nervous system (CNS)
32 compartment, 32.07 (17.60) litres; first-order rate constant from central to peripheral
33 compartment, 12.20 (11.17) hours⁻¹; from peripheral to central compartment, 18.10 (8.25)
34 hours⁻¹; from central to CNS compartment 35.43 (13.74) hours⁻¹; from CNS to central
35 compartment 28.63 (10.03) hours⁻¹. Simulations of area under concentration-time curve
36 resulted in median (interquartile range) values 1143.2 mg.h/litre (988.4 – 1378.0) in plasma
37 and 982.9 (781.0 – 1185.9) in CSF after a dosage of 1200mg q24h. The mean simulated ratio
38 of $AUC_{CSF}:AUC_{plasma}$ was 0.89 (SD 0.44). The recommended dosage of fluconazole for CM
39 induction therapy fails to attain the PD target in respect to the wild-type MIC distribution of
40 *C. neoformans*. The meta-analysis suggested modest improvements in both CSF sterility and
41 mortality outcomes with escalating dosage. This study provides the pharmacodynamic
42 rationale for the long-recognised fact that fluconazole monotherapy is an inadequate
43 induction regimen for CM.

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45

46 INTRODUCTION

47 Mortality from cryptococcal meningitis remains unacceptably high. More than 90%
48 of the estimated 223,100 annual incident cases of cryptococcal meningitis occur in Sub-
49 Saharan Africa and Asia-Pacific regions (1). The most effective regimen for induction is
50 amphotericin B deoxycholate and flucytosine (2, 3). However, access to these drugs is
51 limited in many regions where the burden of cryptococcal meningitis is greatest (4, 5). In
52 these settings, high-dose fluconazole is used for induction monotherapy, despite consistent
53 evidence of reduced survival in comparison with other agents and combinations (6-8).

54 Fluconazole was discovered by Pfizer Inc. (Sandwich, UK) in 1978 (9). The objective
55 was to discover an orally bioavailable agent for the treatment of invasive mycoses with a
56 lower propensity to develop resistance than flucytosine (9). Fluconazole inhibits
57 cytochrome P450-dependent demethylation of lanosterol in the ergosterol biosynthetic
58 pathway (10). The ratio of the area under the concentration-time curve (AUC) to the
59 minimum inhibitory concentration (MIC) is the pharmacodynamic (PD) index that best links
60 drug exposure of fluconazole with the observed antifungal effect (11, 12).

61 Successful antimicrobial therapy within the central nervous system depends on the
62 achievement of effective drug concentrations within relevant subcompartments that
63 include the cerebrum, meninges and CSF (13). Fluconazole has a low molecular weight
64 (approximately 300g/mol), is weakly protein bound and is not known to be a substrate for
65 central nervous system (CNS) efflux pumps (14, 15). Its ability to partition from the
66 endovascular compartment into the CNS has been established in laboratory animal models
67 (16, 17) and clinical studies (18, 19). Brain:plasma penetration ratios up to 1.33 have been
68 reported in humans (19). However, there is a surprising paucity of population

69 pharmacokinetic (PK) data for fluconazole in all clinical contexts. Furthermore, the extent
70 and variability of penetration into the CNS is not known.

71 The primary aim of this study was to quantify the extent and variability of CNS
72 penetration of fluconazole in adults with cryptococcal meningitis. We developed a
73 population PK model that quantified the inter-individual variability in drug exposure in
74 plasma and cerebrospinal fluid (CSF). We investigated the impact of a range of clinically
75 relevant covariates on fluconazole PK. Monte Carlo simulation was used to assess the
76 implications of PK variability in terms of achieving fluconazole PD targets. Finally, we
77 conducted a meta-analysis of clinical trials of fluconazole monotherapy to estimate the
78 contribution of dosage to clinical outcome.

79

80 RESULTS

81 **Patients**

82 A total of 43 patients (23 from Vietnam and 20 from Uganda) were recruited over an
83 11-month period between January and November 2016. Twenty-two patients (52%) were
84 female. The overall median (range) age was 33 years (20 – 73 years), weight 48 kg (32 – 68
85 kg), body mass index 18 kg/m² (12 – 25 kg/m²), creatinine at enrolment 70 µmol/L (37 – 167
86 µmol/L) and estimated glomerular filtration rate using the Cockcroft Gault equation 84.8
87 mL/min/1.73m² (35.4 – 146.7 mL/min/1.73m²). The baseline creatinine concentration was
88 significantly lower in Vietnamese patients than in Ugandan patients (median 56 versus 79
89 µmol/L; p-value 0.02). However, this did not manifest as a significant difference in eGFR
90 due to different age, sex and weight profiles between the two patient populations. There
91 were no statistically significant differences between ethnic groups for other demographic
92 variables. The demographic data are shown by ethnicity and for the study population as a
93 whole in Table 1.

94

95 **Pharmacokinetic data**

96 The final dataset included 312 plasma observations and 52 CSF observations from
97 the Vietnamese cohort. From the Ugandan cohort, the dataset included 196 plasma
98 observations and 115 CSF observations. A single CSF observation from 1 Ugandan patient
99 was excluded because no fluconazole was detectable in an isolated sample after 13 days of
100 therapy. This was inconsistent with results from other patients and could not be verified.
101 The mean number of plasma samples and CSF samples per patient was 11.8 and 3.9,
102 respectively. Figure 1 shows the raw plasma and CSF concentration-time profiles from study
103 participants.

104

105 **Population pharmacokinetic analysis**

106 The final mathematical model was a linear model comprised of an absorption
107 compartment, central compartment, peripheral compartment and CSF compartment. The
108 fit of the final model to the clinical data was acceptable. The mean parameter estimates
109 better fitted the data than medians, and were used to calculate Bayesian estimates of drug
110 exposure for each individual patient. A linear regression of the observed-versus-predicted
111 fluconazole concentrations in plasma after the Bayesian step was given by: observed
112 fluconazole concentration = $1.03 \times \text{predicted fluconazole concentration} + 0.27$; $r^2 = 0.80$. For
113 the observed-versus-predicted fluconazole concentrations in CSF, the linear regression was
114 given by observed fluconazole concentration = $1.03 \times \text{predicted fluconazole concentration} -$
115 0.07 ; $r^2 = 0.81$ (Figure 2 and table 3). The mean weighted population bias for fluconazole
116 concentrations in plasma and CSF was 0.20 and -0.30, respectively. The bias-adjusted
117 population imprecision in plasma and CSF was 2.21 and 1.55, respectively. The population
118 PK parameter estimates for the final model are shown in Table 2.

119

120 **Covariate investigation**

121 Multivariate linear regression of each subject's covariates versus the Bayesian
122 posterior parameter values revealed a weak relationship between patient weight and
123 estimated volume of distribution (slope 0.22, 95% confidence interval for the slope -0.06 to
124 0.51, p-value 0.05). Incorporation of weight into the PK model was therefore explored.
125 However, values for log likelihood, Akaike information criterion (AIC) and population bias
126 and imprecision were comparable between the 2 models. The simple base model was

127 therefore used to describe the data and for the subsequent simulations. The model
128 comparisons and the fit to data are summarized in Table 3.

129 There was no relationship between the Bayesian estimates of clearance and volume,
130 and ethnicity or sex in the base model. The mean (95% CI) clearance was 0.74 liters/hour
131 (0.64 – 0.83) and 0.71 liters / hour (0.59 – 0.82) for Vietnamese and Ugandan patients,
132 respectively; $p= 0.51$. The mean (95% CI) volume was 16.88 liters (14.33 – 19.44) and 19.44
133 liters (16.88 – 22.0) for Vietnamese and Ugandan patients, respectively; $p= 0.16$. In males,
134 the mean (95% CI) clearance was 0.79 liters /hour (0.67 – 0.90). In females, clearance was
135 0.66 liters / hour (0.57 – 0.75); $p= 0.09$. In males, the mean (95% CI) volume was 18.07 liters
136 (15.47 – 20.67). In females, volume was 18.07 liters / hour (15.41 – 20.73); $p= 0.97$.

137

138 **Fluconazole penetration into the CSF**

139 There was large variability in the AUCs generated from each patient's posterior
140 estimates. The 38 patients who received 800mg fluconazole q24h had a median (IQR)
141 $AUC_{144-168}$ of 945.4 (799.2 – 1139.8) mg.h/L in plasma and 784.2 mg.h/L (615.9 – 879.4) in
142 CSF. From these posterior estimates, the mean ratio of $AUC_{CSF}:AUC_{plasma}$ was 0.82 (standard
143 deviation 0.22).

144 Monte Carlo simulation was used to estimate the distribution of drug exposure for
145 dosages of 400mg, 800mg, 1200mg and 2000mg q24h of fluconazole (Figure 3). PK
146 variability was marked, both in plasma and CSF. After administration of a dosage of 1200mg
147 fluconazole q24h, median (IQR) simulated plasma $AUC_{144-168}$ was 1143.2 mg.h/L (988.4 –
148 1378.0) and CSF $AUC_{144-168}$ was 982.9 mg.h/L (781.0 – 1185.9). The mean simulated ratio of
149 $AUC_{CSF}:AUC_{plasma}$ was 0.89 (SD 0.44).

150

151 **Probability of target attainment analysis**

152 Monte Carlo simulation was used to predict the probability of achieving a total drug
153 AUC:MIC ratio of ≥ 389.3 in plasma. This PD target was shown in a murine model of
154 cryptococcal meningitis to be associated with a stasis endpoint (i.e. no net change in fungal
155 density at the end of the experiment compared with that at treatment initiation) (11). Only
156 61% of simulated patients receiving 1200mg fluconazole q24h achieved this PD target when
157 the MIC of the infecting strain was 2.0 mg/L. For MICs ≥ 4.0 mg/L, < 1% of simulated
158 patients administered 1200mg q24h achieved the PD target (Figure 4).

159

160 **Meta-analysis of clinical outcome data**

161 A systematic review identified 163 relevant manuscripts, of which 11 were
162 duplicates. After reviewing titles and abstracts, 28 studies were deemed potentially
163 relevant for inclusion in the meta-analysis. Detailed examination of these studies resulted
164 in the ultimate inclusion of 12 papers describing clinical outcomes from cryptococcal
165 meningitis treated with fluconazole monotherapy. In total, 28 patients in 1 study received
166 200mg fluconazole q24h (20), 19 patients in 2 studies received 400mg fluconazole q24h (7,
167 21), 97 patients in 3 studies 800mg q24h (22-24), 113 patients in 4 studies 1200mg q24h (8,
168 23-25), and 1 study described outcomes of 16 patients on 1600mg (24) and 8 patients on 2g
169 fluconazole q24h (24). All included patients were HIV positive. Baseline characteristics and
170 reported clinical outcomes are presented in Table 4.

171 The final model suggests that the combination of dose and baseline fungal burden
172 explains the total heterogeneity in the estimated proportion of patients with sterile CSF
173 after 10 weeks of treatment (P-value for residual heterogeneity 0.64). However, there was
174 not a significant relationship between dose and CSF sterility at 8-10 weeks (p-value 0.45).

175 After adjustment for dose, the test for residual heterogeneity in both 2 and 10-week
176 mortality was not significant (p-value 0.70 and 0.22, respectively), indicating that dose alone
177 adequately explained total heterogeneity in mortality outcomes at both time points. For
178 both 2 and 10-week mortality outcomes, there was a non-significant trend towards reduced
179 mortality with escalating dosage (Figure 5).
180

181 DISCUSSION

182 Fluconazole is the only drug available for induction therapy for cryptococcal
183 meningitis in many regions of the world where the incidence of disease is highest. An
184 accumulating body of evidence suggests that fluconazole is a suboptimal agent for this
185 indication (26). Whilst this has long been recognised, an explanation for the relatively poor
186 efficacy of fluconazole is absent. This study presents a uniquely comprehensive clinical
187 dataset describing the PK of fluconazole. It provides robust estimates of CNS penetration
188 and the variability of those estimates. A high degree of CNS partitioning has been observed
189 in previous clinical studies with fluconazole (19, 27). Distribution into the CNS is facilitated
190 by low molecular weight, low protein binding and moderate lipophilicity (15, 28).

191 Fluconazole has proven activity against *Cryptococcus neoformans*. (29, 30). This study
192 provides a further understanding as to why, despite these attributes, fluconazole is an
193 inferior agent for induction monotherapy for cryptococcal meningitis compared with
194 amphotericin B deoxycholate (6-8).

195 In contrast to previous studies of fluconazole PK (31-33), our data do not suggest a
196 significant relationship between fluconazole clearance and creatinine clearance, nor
197 between patient weight and volume of distribution. The reason for this is not immediately
198 clear but may relate to the relatively narrow range of creatinine clearance in our population,
199 and the fact that the vast majority of patients in our cohort had low body weight, with the
200 range of this covariate also being relatively narrow.

201 The PK model suggests that current regimens of fluconazole are inadequate for
202 induction therapy for cryptococcal meningitis. This has routinely been ascribed to the
203 overly simplistic notion that fluconazole is a fungistatic agent. Our analyses provide further
204 insight into the limitations of this drug. Previous estimates of fluconazole CNS:plasma

205 partition ratios have ranged from 0.52 to 1.33 (18, 19, 27, 34). We have extended these
206 estimates by rigorously quantifying the marked variability in the CSF PK. This variability has
207 consequences at both microbiological and clinical levels. Suboptimal exposure of
208 fluconazole promotes the expansion of intrinsically resistant cryptococcal subpopulations
209 present at the initiation of therapy (35). In addition, the evolution of *C. neoformans* during
210 therapy to become increasingly triazole resistant has been demonstrated in clinical studies
211 (36, 37). To be clinically effective, adequate concentrations of drug must be present at the
212 site of infection for long enough to exert antimicrobial effect on both susceptible and
213 resistant subpopulations. The present analysis demonstrates the challenges in achieving
214 that aim.

215 At recommended fluconazole dosages of 1200mg q24h, the probability of PD target
216 attainment (PTA) bisects the MIC distribution of WT *C. neoformans* isolates. This is
217 consistent with the findings of Sudan *et al* (11). Approximately half of patients will fail
218 therapy because they are not able to generate the drug exposure required to prevent
219 progressive fungal growth. Since clinical PK-PD targets are not available for fluconazole in
220 cryptococcal meningitis, we have used a target derived from a murine study (11). This
221 assumes that CNS partitioning is the same in mice and humans. The cerebrum:plasma AUC
222 ratio in the murine study was 46.9% (11). It is conceivable that this is in keeping with our
223 CSF:plasma AUC ratio of 82%, though clearly it would be preferable to have clinical PK-PD
224 targets defined. Nevertheless, our PTA analysis is supported by the 53% 10-week mortality
225 outcomes for patients receiving 1200mg fluconazole q24h, estimated in the meta-analysis.
226 Importantly, such PTA analyses are based on an AUC/MIC of 389.3, which is more than an
227 order of magnitude greater than the AUC/MIC ratio required for *Candida albicans* (12).

228 Progressive escalation of the dosage of fluconazole is not likely to be an effective
229 strategy for improving cryptococcal meningitis induction therapy. The drug exposure
230 required to reliably treat isolates with MICs ≥ 4.0 mg/L is difficult to achieve and potentially
231 toxic. Our meta-analysis suggests that escalating dosages of fluconazole do not increase the
232 proportion of patients with sterile CSF at 10 weeks. Dosages of 2000mg q24h do not appear
233 to significantly improve 10-week mortality outcomes in comparison to 1200mg q24h. The
234 ACTG study (<https://clinicaltrials.gov/show/NCT00885703>) is investigating the use of higher
235 dosages of fluconazole (1600mg and 2000mg q24h) for the treatment of cryptococcal
236 meningitis in HIV-infected individuals and results are pending. The addition of flucytosine to
237 high-dose fluconazole (≥ 1200 mg q24h) for cryptococcal meningitis increases antifungal
238 activity and improves mortality outcomes (8, 24), suggesting that combination therapy is
239 required to optimise antifungal activity in fluconazole-containing regimens.

240 In summary, this study provides part of the pharmacodynamic rationale for the long-
241 recognised fact that fluconazole monotherapy is an ineffective induction regimen for
242 cryptococcal meningitis. We have developed a fluconazole population PK model that
243 suggests that approximately half of patients with cryptococcal meningitis caused by WT
244 strains of *C. neoformans* will be undertreated by currently recommended dosages of
245 fluconazole for induction therapy. In doing so we have addressed a knowledge gap
246 regarding the reason for the inferiority of this drug for cryptococcal meningitis. There is a
247 pressing need for improved provision of affordable combination treatments and
248 development of more effective drugs.

249
250

251 MATERIALS AND METHODS

252 **Clinical pharmacokinetic studies**

253 Patients from whom plasma and CSF samples were obtained for this PK study have
254 been described previously (38). Briefly, adult patients were initially recruited from a multi-
255 centre randomised controlled trial of adjuvant dexamethasone in HIV-associated
256 cryptococcal meningitis. The trial is reported elsewhere (n=3, International Standard
257 Registered Clinical Number 59144167) (39). Following the early cessation of this trial,
258 patients were recruited from a prospective descriptive study at the same sites (n=40). Study
259 sites were The Hospital for Tropical Diseases in Ho Chi Minh City, Vietnam, and Masaka
260 General Hospital, Uganda. The study protocols were approved by the relevant institutional
261 review boards and regulatory authorities at each trial site and by the Oxford University
262 Tropical Research Ethics Committee.

263 Fluconazole was administered orally. Where conscious level did not enable oral
264 administration, fluconazole was administered via nasogastric tube. The majority of patients
265 received 800mg fluconazole q24h. Two patients received one-off doses of 400mg q24h.
266 Two received one-off doses of 600mg q24h. One patient's regimen of 800mg fluconazole
267 q24h was escalated to 1200mg q24h for 6 days from day 8 of treatment. All patients
268 received combination therapy with amphotericin B deoxycholate 1mg per kg infused over 5-
269 6 hours.

270

271 **Measurement of fluconazole concentrations**

272 Fluconazole concentrations were measured using a validated LC/MS/MS
273 methodology (1260 Agilent UPLC coupled to an Agilent 6420 Triple Quad mass
274 spectrometer, Agilent Technologies UK Ltd, Cheshire, UK). Briefly, fluconazole was

275 extracted by protein precipitation; 300 μ l of cold methanol containing the internal standard
276 fluconazole-D4 at 0.625 mg/L (TRC, Canada) was added to 10 μ l of sample (plasma or CSF).
277 The solution was vortex mixed for 5 seconds and filtered through a Sirocco precipitation
278 plate (Waters Ltd, Cheshire, UK). One hundred fifty μ l of supernatant was transferred to a
279 96-well auto sampler plate, and 3 μ L were injected on an Agilent ZORBAX C18 RRHD (2.1 X
280 50mm, 1.8 μ m) (Agilent Technologies UK Ltd, Cheshire, UK).

281 Chromatographic separation was achieved using a gradient consisting of 70% A:30%
282 B (0.1% formic acid in water as mobile phase A and 0.1% formic acid in methanol as mobile
283 phase B). The organic phase was increased to 100% over 90 seconds, with additional 90
284 seconds of equilibration.

285 The mass spectrometer was operated in multiple reaction monitoring scan mode in
286 positive polarity. The precursor ions were 307.11 m/z and 311.1 m/z for fluconazole and
287 internal standard, respectively. The product ions for fluconazole were 220.1 m/z and 238.1
288 m/z ; for the internal standard 223.2 m/z and 242.1 m/z . The source parameters were set as
289 follows: capillary voltage 4000 V, gas temperature 300°C and nebulizer gas 15 lb/in².

290 The standard curve for fluconazole encompassed the concentration range 1-120 mg/L and
291 was constructed using blank matrix. The limit of quantitation was 1 mg/L. In plasma, the
292 intra-day coefficient of variation (CV) was <3.4% and the inter-day CV was <6.7%, over the
293 concentration range 1-90 mg/L. In CSF, the intra-day CV was <5.2% and the inter-day CV
294 was <5.3% over the same concentration range.

295

296 **Population pharmacokinetic modelling**

297 The concentration-time data for fluconazole in plasma and CSF were analysed using
298 the non-parametric adaptive grid (NPAG) algorithm of the program Pmetrics (40) version

299 1.5.0 for R statistical package 3.1.1. The initial PK mathematical model fitted to the data
300 contained four compartments and took the following form:

301 1.
$$\frac{dX(1)}{dt} = -Ka * X(1)$$

302 2.
$$\frac{dX(2)}{dt} = Ka * X(1) - \left(Kcp + Kcs + \frac{SCL}{V} \right) * X(2) + Ksc * X(3) + Kpc * X(4)$$

303 3.
$$\frac{dX(3)}{dt} = Kcs * X(2) - Ksc * X(3)$$

304 4.
$$\frac{dX(4)}{dt} = Kcp * X(2) - Kpc * X(4)$$

305 5.
$$Y(1) = X(2)/V$$

306 6.
$$Y(2) = X(3)/Vcns$$

307 Where equations (1), (2), (3) and (4) describe the rate of change in amount of drug in
308 milligrams (mg) in the gut, central, CSF and peripheral compartment, respectively. Ka is the
309 absorption rate constant from the gut to the central compartment. $X(1)$, $X(2)$, $X(3)$ and $X(4)$
310 are the amount of fluconazole (mg) in the gut, central (c), CSF (s) and peripheral
311 compartments (p), respectively. Kcp , Kpc , Kcs and Ksc represent first-order transfer
312 constants connecting the various compartments. SCL is the first-order clearance of drug
313 (L/h) from the central compartment. V is the volume of the central compartment. The CSF
314 compartment ($X(3)$) has an apparent CSF volume ($Vcns$), given in litres.

315 Model error was attributed separately to process noise (including errors in sampling
316 times or dosing) and assay variance. Process noise was modelled using lambda, an additive
317 error term. The data were weighted by the inverse of the estimated assay variance.

318 The data for some patients indicated that they had taken fluconazole at an
319 undocumented time prior to study enrolment, since there was detectable drug in the first
320 PK sample. To accommodate this, non-zero initial conditions of all four compartments were
321 estimated in the structural model. A switch was coded whereby the parameterised

322 estimate of each initial condition was multiplied by a binary covariate equal to 1 where
323 fluconazole was detected in the first PK sample, or 0 where no fluconazole was detected in
324 the first PK sample.

325

326 **Population pharmacokinetic covariate screening**

327 The impact of patient weight, BMI, sex, ethnicity and baseline eGFR on the PK of
328 fluconazole were investigated. Bidirectional stepwise multivariate linear regression was
329 employed to assess the relationship between each covariate and the Bayesian estimates for
330 volume of distribution and clearance from the central compartment from the standard
331 population PK model. Covariates that were retained with significant multivariate p-values
332 (≤ 0.05) in the regression model were explored individually. The relationship between
333 retained continuous covariates and Bayesian estimates of PK parameters was explored
334 using univariate linear regression. The difference between Bayesian estimates of volume
335 and clearance according to categorical covariates (sex and ethnicity) was compared using
336 the Mann-Whitney test.

337

338 **Population pharmacokinetic model diagnostics**

339 The fit of the model to the data was assessed by visual inspection of diagnostic
340 scatterplots displaying observed-versus-predicted values before and after the Bayesian step.
341 Linear regression was performed and the coefficient of determination, intercept and
342 regression slope noted for each model. In addition, the log-likelihood value, Akaike
343 Information criterion (AIC), mean weighted error (a measure of bias) and bias-adjusted,
344 mean weighted squared error (a measure of precision) were calculated and compared for
345 each model.

346

347 **Monte Carlo Simulation and calculation of probability of target attainment**

348 Monte Carlo simulation (n = 5000) was performed in Pmetrics (40). The support
349 points from the final joint density were used. For the simulations, the initial conditions of all
350 compartments were defaulted to zero. Fluconazole was administered at a range of dosages:
351 400mg q24h, 800mg q24h, 1200mg q24h and 2000mg q24h. The plasma and CSF AUC for
352 fluconazole was calculated using trapezoidal approximation after the sixth dose, from 144 to
353 168 hours after treatment initiation.

354 Wild type fluconazole MIC data were obtained from a previously published collection
355 of 5,733 *C. neoformans* isolates estimated using Clinical and Laboratory Standards Institute
356 (CLSI) methodology (41). The modal MIC was 4mg/L (1,629 of 5,733 strains; 28%). Almost
357 half of strains had MICs \geq 4mg/L (2,834 of 5,733 strains; 49%). The epidemiological cut-off
358 value for *C. neoformans* versus fluconazole was 8mg/L. This collection of strains included
359 molecular types VNI to VNIV and the pattern of MIC distribution was comparable across all
360 molecular types (41). The proportion of simulated patients that would achieve a previously
361 published plasma AUC/MIC target of 389.3 was determined. This target was defined as the
362 magnitude of drug exposure required for fungal stasis (defined as prevention of progressive
363 fungal growth) in a murine study that employed CLSI methodology (11). To our knowledge,
364 no CSF PK/PD target has been defined in preclinical or clinical studies of fluconazole for
365 cryptococcal meningitis. In the present study, the probability of attaining this plasma PK/PD
366 target was examined at each simulated fluconazole dose.

367

368

369

370 **Meta-analysis of clinical outcome data**

371 The AUC/MIC target used in the probability of target attainment analysis was
372 derived from murine studies. To enhance clinical relevance, we sought PD data from
373 humans. The PD data from patients in the present PK study are confounded by the co-
374 administration of amphotericin B deoxycholate. For this reason, a search for clinical trials of
375 fluconazole monotherapy for cryptococcal meningitis was performed. The electronic
376 databases Pubmed and Medline were searched on 31st January 2018 using the terms
377 “fluconazole” and “cryptococcal meningitis”. Preclinical studies and case reports were
378 excluded. To reduce potential heterogeneity, only studies of HIV-positive participants were
379 included in the meta-analysis. Baseline variables were chosen a priori for extraction from
380 the studies if they had previously been determined to have a significant impact on clinical
381 outcome. These were mental status, CSF fungal burden and patient age (6, 42). Where it
382 was not reported, baseline CSF fungal burden was extrapolated from CSF cryptococcal
383 antigen titre according to a correlation published by Jarvis et al (6).

384 For consistency with the literature, we collected data on clinical outcomes
385 commonly presented in cryptococcal meningitis trials: CSF sterility at 8-10 weeks, 2-week
386 mortality and 10-week mortality. Mixed-effects meta-analysis adjusted for fluconazole
387 dosage was performed. Fungal burden in CSF, CD4 count and proportion of patients with
388 reduced Glasgow Coma Score (GCS) at baseline were explored to assess the degree to which
389 these modifiers accounted for inter-study heterogeneity in clinical outcome. The mixed-
390 effects model took the form:

$$\theta_i = \beta_0 + \beta_1 Z_{i1} + \dots + \beta_1 Z_{ij} + u_i$$

391

392 where θ_i is the corresponding (unknown) true effect of the i th study, Z_{ij} is the value of the
393 j th moderator variable for the i th study and u_i are study-specific random effects such that
394 $u_i \sim N(0, \tau^2)$. Here, τ^2 denotes the amount of residual heterogeneity, estimated using the
395 DerSimonian-Laird estimator (43). Additional model parameters were estimated via
396 weighted least squares with weights relative to the estimated τ^2 . The null hypothesis
397 $H_0: \tau^2 = 0$ was tested using Cochran's Q-test, and model parameters were tested with the
398 Wald-type test statistic.
399

400 **Conflicts of Interest**

401 William Hope holds or has recently held research grants with F2G, AiCuris, Astellas
402 Pharma, Spero Therapeutics, Matinas Biosciences, Antabio, Amplyx, Allecra and Pfizer. He
403 holds awards from the National Institutes of Health, Medical Research Council, National
404 Institute of Health Research, and the European Commission (FP7 and IMI). WH has received
405 personal fees in his capacity as a consultant for F2G, Amplyx, Ausperix, Spero Therapeutics,
406 Medicines Company, Gilead and Basilea. WH is Medical Guideline Director for the European
407 Society of Clinical Microbiology and Infectious Diseases, and an Ordinary Council Member
408 for the British Society of Antimicrobial Chemotherapy.

409 Jeremy Day holds or has recently held research awards from The Wellcome Trust,
410 The Medical Research Council UK, The UK Department for International Development, The
411 National Institutes for Health, The Li Ka Shing Foundation, The British Infection Society and
412 The British Medical Association. He has received personal fees in his capacity as a consultant
413 to Viamet Pharmaceuticals.

414

415 **Funding statement**

416 Supported by the United Kingdom Department for International Development, the
417 Wellcome Trust, and the Medical Research Council through a grant (G1100684/1) from the
418 Joint Global Health Trials program, part of the European and Developing Countries Clinical
419 Trials Partnership, supported by the European Union.

420 Katharine Stott is a Wellcome Trust Clinical PhD Fellow [203919/Z/16/Z].

421 Jeremy Day is a Wellcome Trust Intermediate Fellow [WT097147MA].

422

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- 585
- 586

587 Table 1: Patient demographics

Demographic or clinical characteristic	Vietnam	Uganda	Combined	p-value†
Sex ^a (Male:Female)	13:10	8:12	23:20	
Age (years) ^b				
Mean	38	33	35	0.75
Median	33	33	33	
Range	20 - 73	24 - 50	20 - 73	
Weight (kg) ^c				
Mean	46	49	48	0.23
Median	45	49	48	
Range	32 - 68	35 - 60	32 - 68	
BMI (kg/m ²) ^d				
Mean	18	18	18	0.73
Median	18	18	18	
Range	12 - 25	15 - 22	12 - 25	
Creatinine (μmol/L) ^a				
Mean	67	81	74	0.02
Median	56	79	70	
Range	37 - 167	43 - 145	37 - 167	
eGFR (ml/min/1.73m ²) ^e				
Mean	88.3	80.7	84.7	0.10
Median	84.8	81.4	84.8	
Range	35.4 - 136.1	49.8 - 146.7	35.4 - 146.7	

588 ^a n = 43589 ^b n = 31590 ^c n = 41591 ^d n = 35592 ^e n = 33

593 † p-value for difference between Vietnam and Uganda by Mann-Whitney test of
594 significance.

595 BMI: Body Mass Index; eGFR: estimated Glomerular Filtration Rate, by Cockcroft-Gault
596 equation.

597 Table 2: Population parameter estimates from the final 4-compartment pharmacokinetic
598 model

Parameter	Mean	Median	Standard deviation
Ka (h⁻¹)	8.78	1.73	11.98
SCL/F (L/h)	0.72	0.65	0.24
Volume_c /F(L)	18.07	17.41	6.31
Kcp (h⁻¹)	12.20	8.36	11.17
Kpc (h⁻¹)	18.10	18.34	8.25
IC_{gut} (mg)	34.67	49.99	22.74
IC_{central} (mg)	35.86	49.98	19.67
IC_{CNS} (mg)	31.06	49.96	23.47
IC_{peripheral} (mg)	34.29	49.96	13.21
Kcs (h⁻¹)	35.43	42.55	13.74
Ksc (h⁻¹)	28.63	29.04	10.03
Volume_{cns} /F(L)	32.07	30.49	17.60

599

600 SCL: clearance; Volume_c: volume of distribution in central compartment; F: bioavailability;

601 Kcp: first-order rate constant from the central to peripheral compartment; Kpc, first-order

602 rate constant from peripheral to central compartment; IC: initial conditions in respective

603 compartments; Kcs: first-order rate constant from the central to CNS compartment; Ksc,

604 first-order rate constant from CNS to central compartment; Volume_{cns}: volume of

605 distribution in CNS compartment.

606

607 Table 3: Evaluation of the predictive performance of the considered and final models

Model	Measured compartment	Log likelihood	AIC	Population bias	Population imprecision	Linear regression of observed-predicted values for each patient			p-value [†]
						R ^{2,a}	Intercept	Slope	
Model 1	Plasma	-2451	4928	0.20	2.21	0.80	0.27	1.03	0.56
	CSF			-0.30	1.55	0.81	-0.07	1.03	
Model 2	Plasma	-2413	4854	0.36	2.38	0.80	0.01	1.03	
	CSF			-0.41	1.81	0.80	0.89	1.01	

608

609 Model 1 did not include any covariates. Model 2 incorporated a function to scale the volume of distribution in central compartment to patient
610 weight.

611 AIC: Akaike Information criterion.

612 ^a Relative to the regression line fitted for the observed versus predicted values after the Bayesian step.

613 [†] Comparison of the joint distribution of population parameter values for each model.

614

615 Table 4: Baseline characteristics and clinical outcomes from trial data of fluconazole monotherapy, by dosing regimen

Fluconazole dosage (mg)	Country	Number of patients	Age*	GCS < 15, %	CD4 cell count per mm ³ *	CSF burden, log ₁₀ CFU/mL	CSF sterility, fraction (%) of patients	Time CSF sterility charted	2 week mortality (%)	10 week mortality (%)	Reference
200	Uganda	28	33 (range 23-50)	43	Mean 73	.	4/8 (50)	2 months	10/25 (40)	16/25 (64)	Mayanja-Kizza 1998 (20)
400	USA	14	mean 38(SE 2)	0	Mean 44 (SE 13)	4 [§]	6/14 (43)	10 weeks	NR	4/14 (29)	Larsen 1990 (21)
400	South Africa	5	39 (37-51)	60	41	5.53	NR	NR	NR	3/4 (75)	Bicanic 2007 (7)
800	Malawi	58	32 (29-39)	24	37 (11-58)	.	NR	NR	17/58 (29)	33/58 (57)	Rothe 2013 (22)
800	Uganda	30	35 (30-38)	33	7 (3-17)	5.7	NR	NR	11/30 (37)	18/30 (60)	Longley 2008 (23)
800	USA	9	35	100	8	4.8 [§]	1/9 (11)	10 weeks	NR	8/9 (89)	Milefchik 2008 (24)
1200	Malawi	47	35 (32-40)	24	36 (17-62)	.	NR	NR	16/47 (34)	26/47 (55)	Gaskell 2014 (24)
1200	Uganda	30	33 (28-42)	60	14 (4-33)	5.9	NR	NR	6/27 (22)	13/27 (48)	Longley 2008 (23)
1200	USA	16	40	100	36	3.5 [§]	6/16 (37.5)	10 weeks	NR	10/16 (62.5)	Milefchik 2008 (24)
1200	Malawi	20	36.5 (range 27-71)	40	25 (range 1-66)	5.30	1/20 (5)	2 weeks	7/19 (37)	11/19 (58)	Nussbaum 2010 (8)
1600	USA	16	35	100	33	3 [§]	10/16 (62.5)	10 weeks	NR	6/16 (37.5)	Milefchik 2008 (24)
2000	USA	8	36	100	35	2.4 [§]	5/8 (62.5)	10 weeks	NR	3/8 (37.5)	Milefchik 2008 (24)

616

617 *Median (interquartile rage) unless otherwise specified. [§]: Extrapolated from cryptococcal antigen titre. CSF: Cerebrospinal fluid. SE: Standard error. CFU: Colony-forming units.

618

619 Figure 1: Fluconazole concentrations in 43 patients

620

621 Black diamonds represent plasma concentrations. White triangles represent CSF

622 concentrations.

623 Figure 2: Scatter plots showing observed versus predicted values for the chosen population

624 pharmacokinetic model after the Bayesian step.

625

626

627

628 **A:** Population predicted concentration of fluconazole in plasma. $R^2 = 0.49$; intercept = 2.89 (95% CI 0.51

629 – 5.27), slope = 0.89 (95% CI 0.82 – 0.97)

630 **B:** Individual posterior predicted concentration of fluconazole in plasma. $R^2 = 0.80$; intercept = 0.27

631 (95% CI -1.08 – 1.62); slope = 1.03 (95% CI 0.98 – 1.07)

632 **C:** Population predicted concentration of fluconazole in CSF. $R^2 = 0.46$; intercept = 3.39 (95% CI -0.09–

633 6.87), slope = 1.03 (95% CI 0.87 – 1.2)

634 **D:** Individual posterior predicted concentration of fluconazole in CSF. $R^2 = 0.81$; intercept = -0.07 (95% CI

635 -1.97 – 1.84); slope = 1.03 (95% CI 0.95 – 1.10)

636

637 Circles, dashed lines, and solid lines represent individual observed-predicted data points, line of

638 identity, and the linear regression of observed-predicted values, respectively. All observed and

639 predicted fluconazole concentrations in mg/L. FLC: fluconazole; CI: Confidence Interval.

640

641 Figure 3: AUC distributions in 5,000 simulated patients at escalating fluconazole dosages
642
643 Light grey bars indicate simulated plasma AUC₁₄₄₋₁₆₈. Dark grey bars indicate simulated CSF
644 AUC₁₄₄₋₁₆₈.

645 Figure 4: Probability of pharmacodynamic target attainment in plasma as a function of
646 isolate MIC and fluconazole dosage.
647
648
649
650 Each line represents the proportion of 5000 simulated patients that achieve the PD target at
651 the respective dosage of fluconazole. The PD target was a plasma AUC/MIC ratio ≥ 389.3 .
652 Bars show the proportion of WT strains of *C.neoformans* at the indicated MIC.
653

654 Figure 5: Meta-analysis of clinical trials of fluconazole monotherapy showing dose-adjusted
655 effects on A) 2-week mortality and B) 10-week mortality.

656

657 A)

658

659 Right hand column provides observed and estimated proportions of patients dead at 2
660 weeks.

661

662

663

664 B)

665

666 Right hand column provides observed and estimated proportions of patients dead at 10

667 weeks.

668











