

## Prescribing of glucosamine for osteoarthritis is not supported

**Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of glucosamine in any form for use in osteoarthritis.**

Glucosamine in any form remains non-formulary in Thurrock CCG and Basildon and Brentwood CCG and is not recommended by NICE.

NICE Guideline CG177<sup>1</sup> (February 2014) *Osteoarthritis: Care and management in adults* states 'Do not offer glucosamine or chondroitin products for the management of osteoarthritis'.

Glucosamine is an amino monosaccharide, it is a precursor for glycosaminoglycans, and glycoproteins which are a major component of joint cartilage and synovial fluid. Commonly sold forms of glucosamine include glucosamine sulphate and glucosamine hydrochloride<sup>2</sup>.

Recommendations:

- **Practitioners in Thurrock CCG and Basildon and Brentwood CCG should not prescribe any glucosamine or glucosamine/chondroitin preparations.**
- **Patients currently being prescribed glucosamine or glucosamine/chondroitin should be reviewed in the light of NICE guidance and stopped.**
- **Those patients expressing a desire to try (or continue taking) glucosamine should be advised:**
  - The place of glucosamine in osteoarthritis of the knee remains unclear.
  - Although there is evidence of some clinical effectiveness with glucosamine sulphate, it is not considered to be cost effective for prescribing on the NHS.
  - To purchase glucosamine over-the counter and they should be advised a decrease in pain severity may take several weeks to occur. If there is no improvement after 3 months, they should stop taking glucosamine.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

- 1) <http://www.nice.org.uk/guidance/CG177>
- 2) [PrescqippBulletin3GlucosamineApril2012](#)

<b>Position Statement No.</b>	11
<b>Title</b>	Prescribing of Glucosamine for osteoarthritis is not supported
<b>References</b>	NICE guideline CG177 (February 2014) <i>Osteoarthritis: Care and management in adults</i> PrescQIPP Bulletin 3 (v 3.0) April 2012–Glucosamine
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