



## **Policy Statement;** Prescribing of Glucosamine for osteoarthritis is not supported

**Mid-Essex Clinical Commissioning Group does not support the prescribing of glucosamine tablets for use in osteoarthritis. Glucosamine in any form remains non-formulary in Mid Essex and is not recommended by NICE.**

**NICE Guideline CG177<sup>1</sup> (February 2014) Osteoarthritis: Care and management in adults**

**1.45 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 are glucosamine sulphate and glucosamine hydrochloride<sup>2</sup>.

Recommendations:

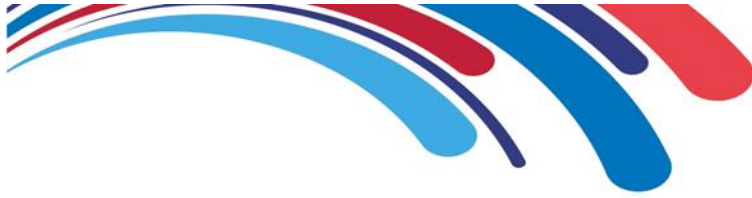
- **Practitioners in Mid Essex should not prescribe any glucosamine (or chondroitin) preparations.**
- **Patients currently being prescribed glucosamine (or chondroitin) should be reviewed in the light of NICE guidance and stopped.**
- **Those patients expressing a desire to try (or continue taking) glucosamine should be advised:**
  - The place of glucosamine in OA 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. See patient information leaflet from the British Dietetic Association  
<http://www.nhs.uk/ipgmedia/National/British%20Dietetic%20Association/assets/DietandOsteoarthritis.pdf>

Providers commissioned to provide services on behalf of Mid-Essex CCG are reminded that they are required to follow the Mid-Essex CCG formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

See Mid-Essex CCG website – Medicines optimization page for all prescribing guidance.

<http://midessexccg.nhs.uk/your-health-services/medicines-optimisation>

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



Title	Glucosamine For Osteoarthritis
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Author	Medicines Optimisation Team, MID Essex CCG
Reference:	NICE guideline CG177 (February 2014) <i>Osteoarthritis: Care and management in adults</i> Presqipp Bulletin 3 (v 3.0) April 2012 – Glucosamine
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Previous version	Key Changes
November 2008	Format changes, updated