1
cod liver oil (kod-liv-er oil)
Other Name(s):
fish liver oil, Omega-3 fatty acids
Classification
Therapeutic: lipid-lowering agents

Common Uses

Action
Contains high amounts of omega-3 fatty acids, vitamin A and vitamin D. Anti-inflammatory effects are due to inhibition of leukotriene synthesis. Decreases secretion of very low-density lipoproteins (VLDLs) and increases VLDL clearance. Therapeutic Effects: Decreased inflammation, Decreased triglycerides.

Pharmacokinetics

TIME/ACTION PROFILE
ROUTE ONSET PEAK DURATION
PO Unknown Unknown Unknown

Contraindications/Precautions

Adverse Reactions/Side Effects
GI: belching, halitosis, heartburn, nausea and diarrhea (high doses). Hemat: Bleeding (doses > 25 mL). Misc: vitamin A and D toxicity (long term use, high doses).

Interactions
Natural Product-Drug: May ↑ risk of bleeding with anticoagulants/antiplatelet agents. May have additive effects with antihypertensives. Natural-Natural Products: May ↑ risk of bleeding with clove, garlic, ginger, ginkgo, and ginseng.

Route/Commmonly Used Doses
PO (Adults): 0.5 — 20 mL daily Capsules — One capsules 1 to 3 times daily with meals.

NURSING IMPLICATIONS
Assessment
Obtain a dietary history, especially with regards to fat consumption.

Lab Test Considerations: Assess serum cholesterol and triglyceride levels before and periodically during therapy.

Potential Nursing Diagnoses
Noncompliance (Patient/Family Teaching)

Implementation
PO: Administer 3 times daily with meals.

Patient/Family Teaching
Instruct patient to take medication as directed. Medication helps control but does not cure elevated serum triglyceride levels.

Advise patient that this medication should be used in conjunction with diet restrictions (fat, cholesterol, carbohydrates, alcohol), exercise, weight loss in overweight patients, and control of medical problems (such as diabetes mellitus and hypothyroidism) that may contribute to hypertriglyceridemia.

Emphasize the importance of follow-up exams to determine effectiveness.

Evaluation
Decrease in serum lipid levels.

Why was this drug prescribed for your patient?