chondroitin (kon-droy-tin)

Other Name(s): chondroitin sulfate, CPS, CDS

Classification
Therapeutic: nonopioid analgesics

Common Uses
Osteoarthritis. In combination with sodium hyaluronate, for use as a surgical aid in cataract extraction or lens implantation, and as a lubricant.

Action
May serve as a building block of articular cartilage. May protect cartilage against degradation. May have antiatherogenic properties.

Therapeutic Effects:
Improve symptoms of osteoarthritis.

Pharmacokinetics
Absorption:
8–18% is absorbed orally.

Distribution:
Unknown.

Metabolism and Excretion:
Unknown.

Half-life:
Unknown.

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

Contraindications/Precautions
Contraindicated in: OB: Pregnancy and lactation.
Use Cautiously in: Asthma (may exacerbate symptoms); Clotting disorders (may increase risk of bleeding); Prostate cancer (may increase risk of metastasis or recurrence).

Adverse Reactions/Side Effects
GI: heartburn, nausea, diarrhea.
Hemat: bleeding (antiplatelet effect).
Misc: allergic reactions, edema, hair loss.

Interactions
Natural Product-Drug: Use of chondroitin with anticoagulant and antiplatelet drugs, thrombolytics, NSAIDs, some cephalosporins, and valproates may increase risk of bleeding.

Natural Product-Natural Products: Herbs with anticoagulant or antiplatelet properties may increase bleeding risk when combined with chondroitin, including: anise, arnica, chamomile, clove, dong quai, fenugreek, feverfew, ginger, ginkgo, Panax ginseng, licorice, and others.

Route/Commonly Used Doses
PO (Adults): Osteoarthritis — 200–400 mg 2–3 times daily or 1000–1200 mg once daily. Prevention of recurrent myocardial infarction — 10 grams daily for 1 month followed by 3.5 grams daily for 3 divided doses as maintenance therapy.

NURSING IMPLICATIONS
Assessment
Evaluate drug profile before starting therapy with this herbal supplement. If the patient is taking anticoagulants or antiplatelet drugs, avoid use of this herb.

Monitor pain (type, location and intensity) and range of motion on an ongoing basis as an indicator of drug efficacy.

Evaluate gastric discomfort and instruct patient to seek out the advice of a healthcare professional if persistent gastric discomfort occurs.

Assess for signs of bleeding and discontinue herbal supplement promptly and seek out healthcare professional for follow up.

Potential Nursing Diagnoses
Chronic pain (Indications)
Impaired physical mobility (Indications)

Implementation
Administer with food.

Patient/Family Teaching
Inform patients that this herbal supplement is usually taken with glucosamine.

Caution patients who take aspirin or NSAIDs or other nonprescription medications not to take this herbal supplement without consulting their healthcare professional.

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Caution patients who take aspirin or NSAIDs or other nonprescription medications not to take this herbal supplement without consulting their healthcare professional.
Advise female patients to notify health care professional if pregnancy is planned or suspected or breast feeding, avoid use.

Instruct patients that this medication works by building up cartilage and that this requires that the medication be taken consistently over a period of time. It is not recommended as a supplemental pain medication.

Evaluation

- Improvement in pain and range of motion.
- Reduced need for supplemental or breakthrough pain medication.

Why was this drug prescribed for your patient?