Lutein (loo-tee-in)

Other Name(s): carotenoid, xanthophyll, zeaxanthin

Classification
Therapeutic: antioxidants, ocular agents

Common Uses
Prevention of lutein deficiency. Prevention of age-related macular degeneration (AMD), cataracts, and retinitis pigmentosa.

Action
Lutein is a carotenoid with antioxidant properties that protect underlying ocular tissues from photodamage. Therapeutic Effects: Decreased risk of development of AMD and cataracts.

Pharmacokinetics
Absorption: Unknown.
Distribution: Unknown.
Metabolism and Excretion: Unknown.
Half-life: Unknown.

TIME/ACTION PROFILE
ONSET PEAK DURATION
PO Unknown Unknown Unknown

Contraindications/Precautions
Contraindicated in: Hypersensitivity.
Use Cautiously in: Cystic fibrosis (decreased lutein absorption).

Adverse Reactions/Side Effects
None noted.

Interactions
Natural Product-Drug: Orlistat may cause decreased lutein absorption.
Natural-Natural Products: Concomitant administration with beta-carotene may reduce bioavailability of lutein.

NURSING IMPLICATIONS

Assessment
● Obtain ophthalmic examinations at least yearly during therapy.

Potential Nursing Diagnoses
Deficient knowledge, related to medication regimen (Patient/Family Teaching)

Implementation
● PO: Administer capsules once daily.

Patient/Family Teaching
● Instruct patient to notify health care professional of all Rx or OTC medications, vitamins, or herbal products being taken and to consult with health care professional before taking other medications.

● Advise patient to notify health care professional if pregnancy is planned or suspected or if breast feeding.

Evaluation
● Decrease in risk of cataracts and age-related macular degeneration.

Why was this drug prescribed for your patient?