omega-3-acid ethyl esters
(omega-ga three-as-idi eth-ill es-ters)

Genetic Implication. CAPI TALS indicate life-threatening, underline indicate most frequent. Strikethrough indicates discontinued.

Indications
Hypertriglyceridemia (triglycerides > 500 mg/dL) in adults, used with specific diet.

Action
Inhibits synthesis of triglycerides. Therapeutic Effects: Lowering of triglycerides.

Pharmacokinetics
Absorption: Well absorbed.
Distribution: Unknown.
Metabolism and Excretion: Incorporated into phospholipids.
Half-life: Unknown.

TIME/ACTION PROFILE (lowering of triglycerides)

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>ONSET</th>
<th>PEAK</th>
<th>DURATION</th>
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<tbody>
<tr>
<td>PO</td>
<td>unknown</td>
<td>2 mo</td>
<td>unknown</td>
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Contraindications/Precautions
Contraindicated in: Hypersensitivity.
Use Cautiously in: Allergy/hypersensitivity to fish; OB, Lactation: Pregnancy or lactation; Pedi: Safety not established.

Adverse Reactions/Side Effects
GI: altered taste, eructation.
Derm: rash.

Interactions
Drug-Drug: May ↑ risk of bleeding with aspirin or warfarin.

NURSING IMPLICATIONS

Assessment
- Obtain a diet history, especially with regard to fat consumption.
- Lab Test Considerations: Monitor serum triglyceride levels prior to and periodically during therapy.
- Monitor serum ALT periodically during therapy. May cause ↑ serum ALT without concurrent ↑ in AST levels.
- Monitor serum LDL cholesterol levels periodically during therapy. May cause ↓ in serum LDL levels.

Potential Nursing Diagnoses
Noncompliance (Patient/Family Teaching)

Implementation
- Do not confuse Lovaza with lorazepam.
- An appropriate lipid-lowering diet should be followed before therapy and should continue during therapy.
- PO: May be taken as a single 4-g dose or as 2 g twice daily. May be administered with meals. Swallow capsules whole; do not break or chew.

Patient/Family Teaching
- Instruct patient to take medication as directed, not to skip doses or double up on missed doses. Take missed doses as soon as remembered, but if a day is missed, do not double doses the next day. 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/Desired Outcomes
- Lowering of serum triglyceride levels. Patients who do not have an adequate response after 2 mo of treatment should be withdrawn from therapy.

Why was this drug prescribed for your patient?