

MID AND SOUTH ESSEX MEDICINES OPTIMISATION COMMITTEE (MSEMOC)

GLUCOSAMINE (WITH OR WITHOUT CHONDROITIN) PREPARATIONS FOR OSTEOARTHRITIS

**BLACK: NOT RECOMMENDED FOR PRESCRIBING IN PRIMARY, COMMUNITY OR
SECONDARY CARE**

Mid and South Essex CCGs do not support the prescribing of glucosamine (with or without chondroitin) preparations in osteoarthritis.

Glucosamine (with or without chondroitin) in any form is not recommended by NICE and NHS England.

NICE Guideline CG177 (February 2014, updated December 2020) Osteoarthritis: Care and management states '*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 include glucosamine sulphate and glucosamine hydrochloride.

Recommendations

- Do not start new patients on any glucosamine (with or without chondroitin) preparations.
- Patients currently being prescribed glucosamine (with or without chondroitin) should be reviewed in the light of NICE and NHS England guidance and stopped.
- Those patients expressing a desire to try (or continue taking) glucosamine (with or without chondroitin) should be advised:
 - The place of glucosamine in osteoarthritis 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 three months, they should stop taking glucosamine.

This position is supported by NHS England as part of the items which should not routinely be prescribed in primary care.

Providers commissioned to provide services on behalf of Mid and South Essex CCGs are reminded that they are required to follow the local joint formulary and prescribing guidance, as detailed in the medicines management service specification of their contract.

References	<ul style="list-style-type: none"> ▪ NHS England: Items which should not routinely be prescribed in primary care. June 2019: https://www.england.nhs.uk/publication/items-which-should-not-be-routinely-prescribed-in-primary-care-guidance-for-ccgs/ ▪ PrescQIPP Bulletin 205: https://www.prescqipp.info/our-resources/bulletins/bulletin-205-glucosamine/ ▪ NICE clinical guideline (CG) 177. Osteoarthritis: care and management: https://www.nice.org.uk/guidance/cg177
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