



Norfolk and Waveney
Integrated Care Board

NHS Norfolk and Waveney ICB
Medicines Optimisation Team
Floor 8 County Hall
Martineau Lane
Norwich
Norfolk
NR1 2DH

<Date>

Private and Confidential

<Patient Name>

<Patient Address>

Dear < insert patient name >

Review of Prescribing: Glucosamine (with or without Chondroitin) preparations

The local NHS, Norfolk and Waveney Integrated Care Board, regularly review the medicines prescribed to ensure that our local doctors are using the most effective and good value medicines.

We are currently reviewing the usage of **Glucosamine (with or without Chondroitin)** preparations for osteoarthritis in line with current guidelines.

As an ICB we no longer support the prescribing of this treatment and your GP has removed it from your repeat prescription.

- Glucosamine (with or without chondroitin) in any form is not recommended by NICE and NHS England.
- NICE Guideline NG226 (19 October 2022) Osteoarthritis in over 16s: Diagnosis and management states 'Do not offer glucosamine or chondroitin products to people to manage osteoarthritis'.

If you still wish to continue to use a Glucosamine preparation, they can be purchased from a pharmacy over the counter.

Any decision to change prescribing is not taken lightly; it is our responsibility to provide the best value for money for all our patients. To meet that duty, we need to make sure we commission cost-effective prescribing which will have the greatest impact on the largest number of people.

Should you require more information about this, please contact the Contact Us Team at nowicb.contactus@nhs.net , they will be able to put you in contact with the appropriate person.

Yours sincerely



Dr Andrew Douglass MBBS MRCGP
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NHS Norfolk and Waveney ICB