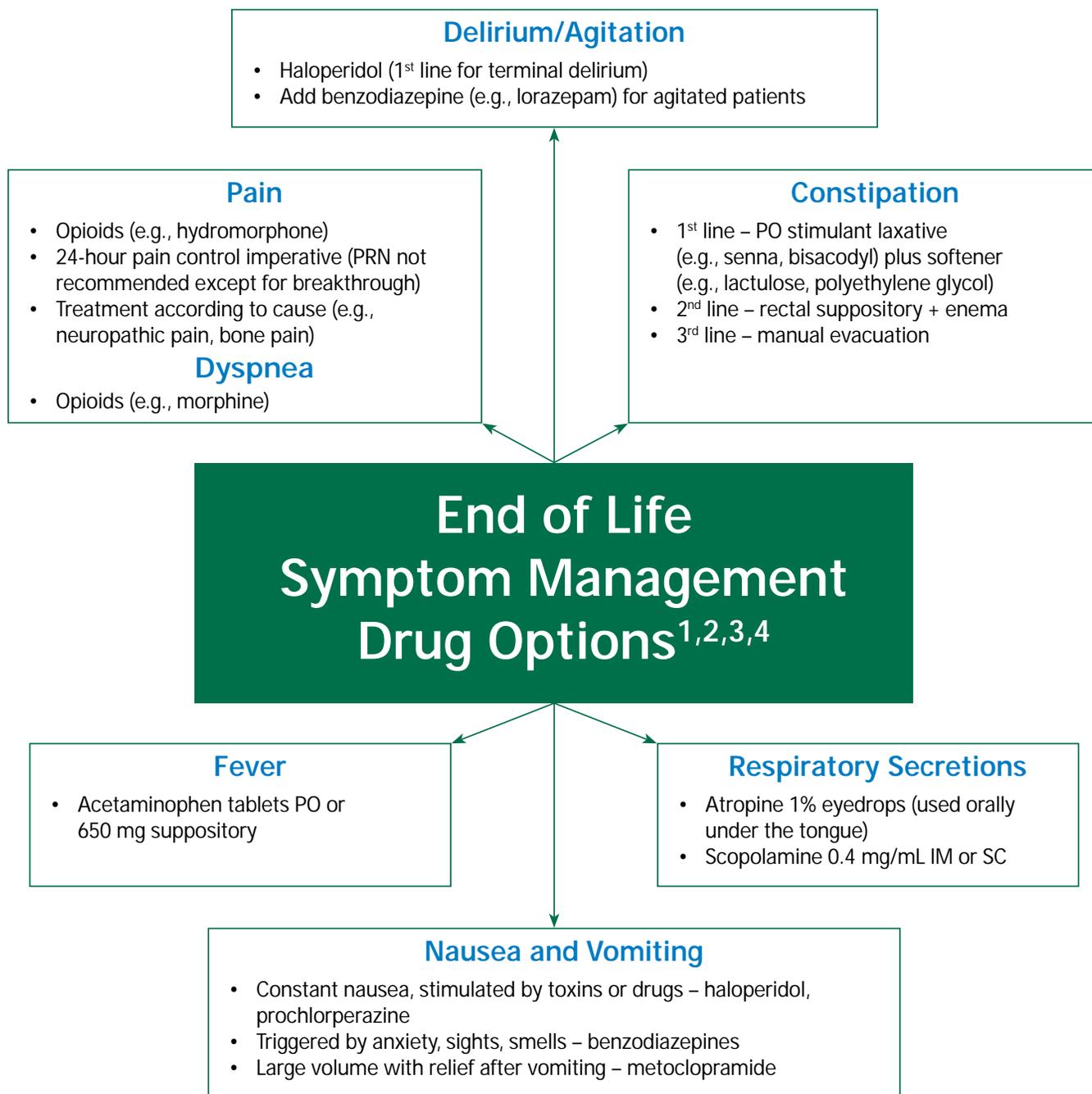


# PHARMACY QI

Practical Tips for Quality Improvement

June 2015



#### References:

1. Paolini CA. JAOA 2001;101:609-615.
2. Breitbart W, Alici Y. JAMA 2008;300:2898-2910.
3. Chand S. Phrm J 2014: <http://www.pharmaceutical-journal.com/learning/learning-article/nausea-and-vomiting-in-palliative-care/11135047.article>. Accessed May 11, 2015.
4. Clary PL, Lawson P. Am Fam Physician 2009;79:1059-1069.

# MEDICAL PHARMACIES NEW DRUGS

Drug Information and News for Health Care Providers

June 2015

## TRINTELLIX™ (VORTIOXETINE HYDROBROMIDE) TABLETS<sup>1</sup>

### INDICATION FOR USE AND GOAL(S) OF THERAPY

Trintellix™ (vortioxetine) is a selective serotonin reuptake inhibitor (SSRI) that is indicated for the treatment of major depressive disorder in adults. The goal of therapy relates to reduction in symptoms of depression over a period of six to eight weeks.

### CONTRAINDICATIONS

Trintellix™ is contraindicated in patients with known hypersensitivity to vortioxetine or any of the other components of the drug product. It is also contraindicated for use with concomitant monoamine oxidase inhibitor (MAOI) treatment. At least 14 days should be allowed after discontinuing treatment with an MAOI before starting treatment with vortioxetine. At least 21 days should elapse after discontinuing Trintellix™ treatment before starting an MAOI.

### DOSE & ADMINISTRATION

In adults age 65 years and older, the lowest effective dose of 5 mg/day Trintellix™ should always be used as the starting dose. Caution is advised when treating elderly patients with doses greater than 10 mg/day due to limited efficacy and safety data in patients over 65 years of age in clinical trials.

The dose of Trintellix™ should be halved if given at the same time as drugs that prevent it from being metabolized as quickly as it should (e.g., bupropion, cinacalcet, quinidine, vortioxetine, paroxetine).

Trintellix™ should be taken with a glass of water, with or without food.

No dose adjustment is recommended for patients with renal impairment or for patients with end-stage renal disease. However, as with any medicine, caution should be exercised when treating patients with severe renal insufficiency.

Trintellix™ is available in 5 mg (pink, almond-shaped), 10 mg (yellow, almond-shaped) and 20 mg (red, almond-shaped) tablets.

### WHAT TO MONITOR AND REPORT TO THE HEALTHCARE TEAM

In clinical trials, nausea was the most common reason for patients discontinuing Trintellix™. The discontinuation rate due to nausea ranged from 1.1% to 3.8%, although

nausea incidence ranged from 8.1% to 31.2%.

*Please refer to Trintellix™ product monograph for more comprehensive information, including warnings and precautions.*

## ULTIMATE GLUCOSAMINE® (N-ACETYL-D-GLUCOSAMINE)<sup>2</sup>

### WHY PEOPLE USE THIS NON-PRESCRIPTION DRUG

Ultimate Glucosamine® is a natural health product that contains N-acetylglucosamine. This molecule is a basic building block of hyaluronic acid, which is important in joint lubrication. N-acetylglucosamine has also been shown to reduce nitric oxide production (a marker of inflammation) in the cartilage of humans.

Ultimate Glucosamine® is taken to help relieve joint pain associated with osteoarthritis and could be a factor in the maintenance of good cartilage and/or joint health.

Note that there are no human studies comparing Ultimate Glucosamine® with placebo. That is why the health claims associated with this product use the terminology "could be a factor in the maintenance of good cartilage and/or joint health."

### CONTRAINDICATIONS

Individuals who are allergic to shellfish should not use this product.

### DOSE & ADMINISTRATION

The recommended dose of Ultimate Glucosamine® is 1 scoop (approximately 2 g) per day dissolved in water or other hot or cold beverage or sprinkled over food.

### WHAT TO MONITOR FOR AND REPORT TO THE HEALTHCARE TEAM

Glucosamine can cause mild side effects such as nausea, heartburn, diarrhea and constipation.

*Please refer to Ultimate Glucosamine® package insert for more comprehensive information.*

#### References:

1. Trintellix™ Product Monograph. e-Therapeutics+ Complete: e-CPS Canadian Pharmacists Association, Ottawa ON.
2. Ultimate Glucosamine® Product Monograph. e-Therapeutics+ Complete: e-CPS Canadian Pharmacists Association, Ottawa ON.



Courtesy of Medical Pharmacies Group Limited  
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