

# Hyaluronate

## What is Hyaluronate?

Hyaluronate (hye-a-loo-ROE-nate) is similar to cartilage, the natural substance that lubricates and acts as a shock absorber in the joints. It is injected into the joint to replace worn out cartilage and reduce pain from arthritis. Hyaluronate is commonly known as **Hyalgan** and **Synvisc**. This is not a cure for arthritis, but may delay the need for joint replacement.

## How do I take it?

Hyaluronate is injected into the joint once a week for 3 consecutive weeks. The injections are 16mg. each. Your doctor will see you one week apart for 3 weeks to give the injection.

## What else should I know?

You should limit any strenuous activity for 2 days after each injection. Strenuous activity is anything that puts heavy weight or pressure on your legs for more than one hour. Examples of strenuous activity are jogging, tennis, standing. If pain, redness, or swelling occur at the site of the injection, please contact your doctor.

## What about other medications?

It is very important that your doctors are aware of all the medicines you take. This includes prescription and non-prescription medicines as well as birth control pills, vitamins and herbal supplements.

Hyaluronate can be taken with other medications – NSAIDS (Celebrex®, Vioxx®, ibuprofen, naproxen), prednisone, methotrexate, and plaquenil.

## Instructions:

I have gotten a(n) \_\_\_\_\_ injection. My next injections will be on \_\_\_\_\_ and \_\_\_\_\_. I will call with any problems.