



# Pentosan Polysulfate

Osteoarthritis/Joint Pain

## Summary:

Pentosan is a plant derived xylan oligosaccharide with FDA approved uses in treatment of bladder pain and interstitial cystitis. It is in the same class as Heparin but it has 1/15 the antithrombotic activity. Pentosan injection decreases inflammation and pain in joints. It also can decrease cartilage degradation in joints and increase blood to injury sites. Studies have shown that after 8 weeks joint pain can decrease and mobility can increase. At low doses pentosan can also be used as a prebiotic to help promote good gut bacteria.

## Reasons why your provider may be recommending pentosan polysulfate:

- Joint pain
- Osteoarthritis
- Gut health (Low dose)
- Antiviral activity

## How to take it and what to expect:

- Pentosan 250mg/ml injection - 125mg injection subcutaneous twice a week
- Make sure to inject slow it can burn
- Pentosan 25mg capsule- take 1 capsule daily for 2 weeks



## Are there any side effects?

- Any vision changes you need to let prescriber know
- Make sure you stop 5 days before any surgery
- Watch out for any signs of increased bleeding

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