**What is L-glutamine?**
- This is a new medicine for people with sickle cell disease.
- This medicine seems to help your red blood cells live longer.
- You may sometimes see it called Endari.

**What does L-glutamine do?**
It is not a cure for sickle cell disease. This medicine can help:
- Reduce how often you have pain from sickle cell.
- Help you stay out of the hospital.
- Protect your lungs from sickle cell disease. You may have acute chest syndrome less often while you take it.

**Who should take L-glutamine?**
If you have sickle cell disease, ask your doctor about this medicine. You can take this with hydroxyurea.

**Who should NOT take L-glutamine?**
- People who are younger than 5 years old.
- People whose kidneys or liver do not work well.

**What else do I need to know?**
- This medicine is a powder. You have to mix it into a full glass of a cold drink. Or, you can mix it into yogurt or applesauce. The amount you take will depend on your weight.
- You have to take L-Glutamine twice a day for it to work the way it is supposed to.

**I want to take L-glutamine.**
Talk to your sickle cell doctor. Make sure you know the risks and benefits of this medicine.

Make a list of questions to ask your doctor. Some questions might be:
- What are the side effects?
- How long do I have to keep taking this medicine?
- What do I do if I have an allergic reaction to this medicine?
- What do I do if I don’t think this medicine is helping me?