

Endari™

L-glutamine

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?



INDIANA HEMOPHILIA & THROMBOSIS CENTER, INC.

8326 Naab Road, Indianapolis, IN 46260 • 317.871.0000 • ihc.org