

Glutamine

What is Glutamine?

Glutamine is an amino acid normally present in your body. Glutamine is used by the body for energy, as well as for many other functions. Glutamine is normally stored in your liver and muscle. During times of “stress” (illness or infection) your body’s store of Glutamine may be depleted. It is thought that by taking Glutamine orally you may decrease some of the side effects associated with chemotherapy, such as numbness and tingling and/or pain in hands or feet associated with certain types of chemotherapy, as well as diarrhea associated with chemotherapy used to treat gastrointestinal cancers.

How will I receive glutamine?

Glutamine is an oral medication that is usually taken three times a day. It is a white powder, which comes in either a 10-gram packet (usual dose of Glutamine) or as bulk powder (1 scoop=10-grams). Glutamine must be mixed with 6-8 ounces of juice, or mixed into food. You should take Glutamine IMMEDIATELY after it is mixed into juice or food. Glutamine should be taken with food.

What if I miss a dose?

If you forget to take your dose, you may take it immediately (as soon as you remember it). If it is near the time of your next dose, do not take the missed dose, and continue on with the regular dosing schedule.

What are the common side effects?

Please see, “Managing Symptoms at Home”, in the manual.

What You May Expect?	What Should You Do?
<i>Nausea</i> may occur while you are taking Glutamine. Many people have little or no nausea.	<ul style="list-style-type: none"> • Drink plenty of liquids. • Eat and drink often in small amounts.

These are the most common side effects. Others may occur. Please report any problems to your doctor, pharmacist, or nurse.

Seek Help Immediately If You Have:

- Rash or swelling

Contact Your Nurse Or Doctor If You Have:

- Nausea
- Constipation
- Stomach fullness

Special Instructions

Glutamine is a protein, you must be able to digest protein in order to take this medication. Ten grams of Glutamine (usual dose of Glutamine) is equal to a 6-oz rib eye steak. If you can digest this quantity of steak you should be able to digest Glutamine.

Inform your doctor, pharmacist, or nurse if you are pregnant or breastfeeding. Use birth control when receiving chemotherapy. Talk to your doctor or nurse about any additional questions. Be sure to let your doctor know if you have kidney or liver disease.

Drug-Drug Interactions

Check with your doctor or pharmacist before you start taking any new drugs.

Drug-Food Interactions

None known at this time.

For more complete information please request an additional teaching sheet from the National Library of Medicine at www.nlm.nih.gov/medlineplus/druginformation.html , your nurse, or visit the Resource Center.