



## GLUTAMINE

The side effects listed below are those that occur most often. Other side effects may occur. Please contact your doctor or oncology nurse to report any medical problems.

### Background

Glutamine is the most abundant amino acid in the blood and tissues. It is mainly formed and stored in skeletal muscles and lungs. Studies show that tumors may consume glutamine, resulting in depletion of glutamine. Glutamine may lessen neuropathy associated with some chemotherapies.

### Neuropathy

Neuropathy is a common side effect of some chemotherapy treatments. It includes one or more of the following sensations (feelings): pins and needles, cold and burning, prickling or pinching in hands and/or feet.

### Dosing

Glutamine 10 GMs – 3 times a day  
Starting 24 hours (1 full day) after chemotherapy for 4 days,  
or: \_\_\_\_\_

Glutamine may be difficult to find in these doses. You may want to order directly from the manufacturer. If ordering, ask for "rapid release glutamine crystals, single dose packets", or "100% pure glutamine powder".

Where to find Glutamine:

**BAXTER Medication Delivery: (888) 229-0001, press the option for “consumer”**

**SYMPT-X Glutamine, Regular Formula Packets**

**SYMPT-X Plain Glutamine, Regular Formula Jar**

**Healthsource Pharmacy or Halpern Pharmacy carry it as well.**

It is also recommended that you supplement your diet with folic acid (folate) 1 mg daily, and vitamin B-6 (pyridoxine) 100mg daily. If you have any concerns or questions about glutamine, please contact your nurse.