

L-Glutamine

Care Team Contact Information: _____

Pharmacy Contact Information: _____

Diagnosis: _____

- This treatment is often used for sickle cell disease.
- It may also be used for other reasons.

Goal of Treatment: _____

- Treatment may continue for a certain time period, until it no longer works, or until side effects are no longer controlled.

Treatment Regimen

Treatment Name	How the Treatment Works	How the Treatment is Given
L-Glutamine (el-GLOOT-ah-meen): Endari (en-DAR-ee)	Protects red blood cells from damage so they can move more easily through blood vessels and prevent painful blockages.	Powder mixed with liquid or food and taken by mouth.

Treatment Administration and Schedule

Your L-glutamine dosing instructions:

- L-glutamine comes in 1 oral packet strength: 5 g.
- Your dose is based on your weight. Your care may change your dose if your weight changes.
- L-glutamine is usually taken 2 times a day, about 12 hours apart, around the same times each day.
- Mix each dose into 240 mL (about 8 oz) of a cold or room-temperature drink (such as water, milk, or apple juice) or into 120 to 180 mL (about 1/2 to 3/4 cup) of soft food (such as applesauce or yogurt). You do not need to fully dissolve it before taking it. Prepare the dose right before you take it.
- If you miss a dose of L-glutamine, take it as soon as you remember. If you miss a dose of L-glutamine, skip the missed dose and take the next dose at your usual time. Do not double the dose to make up for a missed dose.
- If you vomit after taking L-glutamine, do not take an extra dose. Take the next dose at your usual time.
- If you take too much L-glutamine, call your care team or go to the nearest hospital emergency room right away.

Storage and Handling of L-Glutamine

- Store L-glutamine at room temperature between 68°F and 77°F (20°C and 25°C) in a dry location, away from direct sunlight.
- Keep L-glutamine and all medicines out of the reach of children and pets.
- Ask your care team how to safely throw away any unused L-glutamine.

Appointments

Appointments may include regular check-ups with your care team, lab visits, and imaging tests. It's important to keep your appointments whenever you can. If you miss any appointments, call your care provider as soon as possible to reschedule your appointment.

Supportive Care to Prevent and Treat Side Effects

Description	Supportive Care Taken at Home
To help prevent or treat nausea and vomiting	<hr/> <hr/> <hr/>
Other	<hr/> <hr/> <hr/>

Common Side Effects

Side Effect	Important Information
Headache	<p>Description: Headaches are pain in your head that can vary in intensity, frequency, and location.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Keep a headache diary to track the frequency, duration, intensity, and triggers of your headaches. • Stay hydrated by drinking plenty of water, as dehydration can contribute to headaches. • Apply a cold or warm compress to your forehead or neck to help ease headache pain. • Get adequate sleep (7 to 8 hours per night) and establish a regular sleep schedule. • Limit caffeine intake. • Your care team may recommend medicine for headaches. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Severe headache • More frequent or worsening headaches • Dizziness or feeling faint • Confusion • Changes in vision
Nausea	<p>Description: Nausea is an uncomfortable feeling in your stomach or the need to throw up.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Eat smaller, more frequent meals. • Avoid fatty, fried, spicy, or highly sweet foods. • Eat bland foods at room temperature and drink clear liquids. • If you vomit, start with small sips of water, broth, or other clear liquids. If these stay down, try soft foods (such as gelatin, plain cornstarch pudding, yogurt, strained soup, or strained cooked cereal) and gradually return to solid foods. • Your care team may prescribe medicine for these symptoms. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Vomiting for more than 24 hours • Nonstop vomiting • Signs of dehydration (very thirsty, dry mouth, dizziness, or dark urine) • Blood or coffee-ground-like appearance in your vomit • Severe stomach pain that does not go away after vomiting
Constipation	<p>Description: Constipation means hard, dry stools or fewer bowel movements than normal. It can cause discomfort or pain.</p> <p>Recommendations:</p> <ul style="list-style-type: none"> • Track how often you have bowel movements each day. • Drink 8 to 10 glasses of fluids daily, unless your care team says otherwise. • Stay active and exercise regularly. • Eat more high-fiber foods (such as raw fruits, vegetables, and whole grains) unless advised otherwise. • Your care team may recommend laxatives such as polyethylene glycol (Miralax) or senna. <p>Talk to your care team if you have:</p> <ul style="list-style-type: none"> • Constipation lasting 3 or more days • No bowel movement 48 hours after using a laxative

Scan the QR code below to access this education sheet.



Important notice: The Association of Cancer Care Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), Network for Collaborative Oncology Development & Advancement, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient education guide. This guide represents a brief summary of the medication derived from information provided by the drug manufacturer and other resources.

This guide does not cover all existing information related to the possible uses, directions, doses, precautions, warnings, interactions, adverse effects, or risks associated with this medication and should not substitute for the advice of a qualified healthcare professional. Provision of this guide is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this medication by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. All decisions related to taking this medication should be made with the guidance and under the direction of a qualified healthcare professional.

Permission: Patient Education Sheets are provided as a free educational resource for patients with cancer and their caregivers in need of concise, easy to understand information about cancer therapy. Healthcare providers are permitted to copy and distribute the sheets to patients as well as direct patients to the Patient Education Sheets website. However, commercial reproduction or reuse, as well as rebranding or reposting of any type, are strictly prohibited without permission of the copyright holders. Permission requests, including direct linking from Electronic Health Records, and licensing inquiries should be emailed to patienteducation sheets@ncoda.org.

Copyright © 2026 by Network for Collaborative Oncology Development & Advancement, Inc. All rights reserved.

PES-621