

What is Glutamine?

Glutamine is an amino acid. It helps to build proteins in our muscles and gut. It is absorbed from the foods that we eat. Glutamine is important for our bodies to function. Glutamine helps to strengthen the lining of our gut and helps to protect it from harm.

Why do we use Glutamine while getting chemotherapy?

The chemotherapy drugs that we use kill fast-growing cells, like cancer cells. They also kill cells that line the mouth and gut. This increases the risk for infection.

This causes symptoms like:

- nausea
- diarrhea
- sores in the mouth and gut (called mucositis)
- vomiting
- abdominal pain

Why do we recommend Glutamine for your child?

Glutamine protects against sores in the mouth and gut. It can prevent these sores from happening. It can also reduce the severity of these sores if your child gets them.

How do patients take Glutamine during chemotherapy?

- Glutamine is a liquid medicine taken by mouth.
- It is taken two times a day, for a total of 14 days.
- Your child will start taking it on the day they come in for chemotherapy.
- Some kids may not like the gritty texture of the liquid medicine.

What are potential side effects?

- cough
- headache
- constipation (hard to poop)
- nausea (upset stomach)
- muscle soreness

For more information check out these resources:

<https://www.mskcc.org/cancer-care/integrative-medicine/herbs/glutamine>

<https://www.mountsinai.org/health-library/supplement/glutamine>

<https://www.healthline.com/nutrition/glutamine>

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.