

# Argininemia

## >18 years

### Clinic Visits:

- At least yearly

### Laboratory studies:

- Monitoring of diet
  - o plasma amino acid levels at least yearly
- Clinic visits
  - o Possible ammonia, orotic acid, and prealbumin
- Yearly
  - o Comprehensive metabolic panel
  - o Prealbumin/albumin
  - o Plasma ferritin, transferrin, or iron studies
  - o Possible ammonia
  - o Possible orotic acid
  - o Possible CBC, hemoglobin, and hemacrit
  - o Possible folate and vitamin B12
  - o Possible nutritional labs: zinc, selenium, vitamin D, essential fatty acids, and lipid profile

### During illness:

- Call Metabolic Clinic to alert them immediately when you are sick
  - o Poor feeding, fever, vomiting, and/or lethargy
- Give yourself glucose gel or polymer solution if needed (or instructed to do so)
- If you are not able to keep down glucose containing fluids, you will need to go to the emergency room for IV 10% dextrose (glucose)
- Be sure to bring Emergency Room letter with you to the hospital
- Labs during illness include: comprehensive metabolic panel, ammonia, and plasma amino acids
- Medication or dialysis may be used to lower your ammonia levels
- Please alert the Metabolic Clinic if you need surgery
- Wear Medic Alert Bracelet!!!**

### Evaluations:

- Psychiatric screening at 18 years
- Possible head CT scan or brain MRI if there are concerns of neurological problems
- Possible neurology evaluation as needed
- Possible Liver or Renal evaluation as needed

### Topics:

- Review biochemistry and genetics of Argininemia
- Complications
  - o Elevated ammonia levels

- Spasticity
- ☑ Diet/management
  - Low protein diet
  - Importance of medical formula
  - Medications to control ammonia levels
  - Possible liver transplant
  - Avoid fasting
  - Management during illness

*Please make sure you have clinic visits and levels done on time. Call the metabolic clinic at \_\_\_\_\_ to make an appointment, schedule a blood draw, or with any other questions. If you urgently need to reach a Metabolic physician, call \_\_\_\_\_ and ask to page the Metabolic physician on call.*

Thank You,  
Your Metabolic Team