

Hyperphenylalaninemia (Phe < 10 mg/dL)

Clinic Visits:

- At time of diagnosis and at 1 year old
- After 1 year of age (with Phe 4-8 mg/dL), every 3 years
- After 24 months if Phe remain than 4 mg/dL, then your child will be discharged from clinic

Phe levels:

- 0-12 months
 - every 3 months if Phe < 5mg/dL
 - monthly if Phe > 5mg/dL
- 12-24 months, every 6 months
- > 2 years, yearly
- If Phe > 10 mg/dL, diet will be started

Other Labs:

- Cofactor studies at the time of diagnosis
- Yearly tyrosine levels
- If child is on protein restricted diet, then prealbumin and plasma ferritin/transferrin yearly

Evaluations:

- Yearly developmental questionnaires to be completed by parents

Topics:

- Review of Hyperphenylalaninemia, biochemistry, and genetics
- Diet/management
 - Phe restricted diet as per metabolic dietician if needed
- Females: Maternal Hyperphenylalaninemia education begins at age 12 years

Please make sure your child has 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.

Thank You,
Your Metabolic Team

