

# Medium Chain Acyl CoA Dehydrogenase Deficiency

## Ages >18 years

### Clinic Visits:

- At least every 3 years

### Laboratory studies:

- Possible carnitine levels at clinic visit

### During illness:

- Call the Metabolic clinic to alert them you are seriously sick or are requiring surgery
- Take glucose containing fluids
- Possible IV 10% dextrose at emergency if needed
- Be sure to bring Emergency Room letter with you to the hospital
- Labs during illness include: comprehensive metabolic panel, possible ammonia, possible uric acid, possible urine analysis, and possible serum CK (muscle health)
- Wear a Medic Alert bracelet!**

### Topics:

- Review of biochemistry and genetics of MCADD
- Diet/management
  - Avoid fasting
  - Management during illness
  - Carnitine supplementation
  - Cornstarch if needed
  - Heart healthy diet (lower fat)
  - Carb loading or increase carnitine prior to exercise
  - Alcohol education

*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



