

# Medium Chain Acyl CoA Dehydrogenase Deficiency

## Ages 4-18 years

### Clinic Visits:

- At least yearly

### Laboratory studies:

- Possible carnitine levels at clinic visit

### During illness:

- Call Metabolic Clinic to alert them that your child is sick or if surgery is required
- Give your child glucose gel or polymer solution if needed (or instructed to do so)
- If your child is not able to keep down glucose containing fluids, you will need to take him or her 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, possible ammonia, possible uric acid, possible urine analysis, and possible serum CK (muscle health)
- Wear Medic Alert bracelet!**

### Evaluations:

- Yearly developmental questionnaires to be completed by parents
- Developmental evaluation at 6 years old
- Neuropsychological evaluation at 9 years old

### 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

*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. If you urgently need to reach a Metabolic physician, call \_\_\_\_\_ and ask to page the Metabolic physician on call.*

Thank You,  
Your Metabolic Team

