

# PKU Ages 1-18 years

## Clinic Visits:

- Every 6 months

## Phe levels:

- Monthly
- Recommended treatment ranges:
  - <12 years 2-6 mg/dL (120-360 umol/L)
  - >12 years 6-10 mg/dL (360-600 umol/L)

## Other Labs: Yearly

- Prealbumin/albumin
- Plasma ferritin, transferrin, or iron studies
- Quantitative tyrosine level or possible quantitative plasma amino acids
- Folate and Vitamin B12 beginning at 12 years old
- Possible nutrition labs: zinc, selenium, vitamin D, essential fatty acids, and lipid profile)
- Possible CBC, hemoglobin, and hematocrit

## Other Evaluations:

- Yearly developmental questionnaires to be completed by parents
- Developmental evaluation at 3 and 6 years old
- Neuropsychological evaluation at 9 years old
- Spine DEXA at 9 and 18 years old

## Topics:

- Review of PKU, biochemistry, and genetics
- Diet/management
  - Phe restricted diet as per metabolic dietitian
  - Possible trial of Kuvan® (Sapropterin) at appropriate age
- Females: Maternal PKU education beginning at age 12 years old

*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

