

PKU – Pregnancy

Clinic Visits:

- At least every three months

Phe levels:

- At least weekly
- Recommended treatment range
 - 2-6 mg/dL (120-360 umol/L)

Other Labs:

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

Other Evaluations:

- Possible level 2 ultrasound
- Possible fetal echocardiogram

Topics:

- Review of PKU, biochemistry, genetics
- Diet/management
 - Phe restricted diet as per metabolic dietician

Please make sure you schedule clinic visits and have levels done on time. Call the IMD clinic at _____ to make an appointment, schedule a blood draw, or with any other questions.

Thank You,
Your Metabolic Team

