

Endari for Sickle Cell Disease Treatment

What is Endari (en-DAR-ee) and how does it work?

Endari is a medicine used to help reduce serious problems that can happen with sickle cell disease. Endari is an amino acid called L-glutamine. Glutamine is naturally found in your body and helps prevent damage to your red blood cells.

What should I tell my doctor and pharmacist before I take this medicine?

- If you are pregnant or breastfeeding.
- All allergies you have, including allergies to glutamine.
- The medicines/pills you take, including:
 - ▶ Medicines ordered by any of your doctors
 - ▶ Herbal supplements
 - ▶ Vitamins
 - ▶ Over-the-counter medicines

How do I take this medicine?

- It is important to take this medicine the way your doctor has told you, even if you feel well.
- If you forget a dose, take it as soon as you remember. If it is almost time for your next dose, skip the missed dose. **Do not double up on doses.**
- Open the pack and mix the powder with 8 ounces (1 cup) of cold or room temperature liquid like juice, milk or water. You may also mix the powder with 4 to 6 ounces (about ½ cup) of soft food like applesauce or yogurt. Endari does not need to be completely dissolved before you take the medicine.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

- After you mix the medicine, take your dose right away. **Do not** store the medicine for future use.
- Keep the packs of this medicine sealed in a closed container and away from heat, moisture and direct light.
- Keep this medicine away from children and **do not** share it with anyone.
- Talk with your doctor or pharmacist about how to get rid of prescription medicines safely.

What are the side effects of this medicine?

Side effects are common with sickle cell disease and may happen even if you do not take this medicine. Everyone responds differently to treatment. The most common side effects of this medicine include:

- Gas
- Constipation (difficulty having a bowel movement)
- Nausea
- Headache
- Upset stomach
- Cough, fever, chills, sore throat or body aches
- Pain in your arms or legs
- Back pain

When should I call my doctor?

Call your doctor right away if you have any of the following signs or symptoms:

- **Signs of an allergic reaction, including:**
 - ▶ Rash or hives
 - ▶ Itching
 - ▶ Skin that is red, swollen, blistered or peeling
 - ▶ Wheezing or trouble breathing
 - ▶ Trouble swallowing or talking or unusual hoarseness
 - ▶ Tightness in your chest or throat
 - ▶ Swelling of your mouth, face, lips, tongue or throat

- **Signs of a problem with your pancreas (pancreatitis), including:**
 - ▶ Bad stomach pain
 - ▶ Upset stomach
 - ▶ Bad back pain
 - ▶ Vomiting
- The urge to have frequent bowel movements
- Irritation or pain in your rectal area
- Blood in your vomit or vomit that looks like coffee grounds
- Stool that has blood in it or looks like black tar
- Pain or pressure in your chest

You will have follow-up visits with your doctor to check on your progress and to talk about any side effects you have while on this medicine. It is important to keep all your appointments and to take the medicine as directed by your doctor.