

Using Glutamine to Help Prevent Mucositis

Radiation to the head and neck can harm the cells that line your mouth, throat and lips, leading to a side effect called oral mucositis. Mucositis can make it painful to eat, drink, swallow and talk. Glutamine is an amino acid that may help prevent oral mucositis caused by radiation. It is a dietary supplement that comes as a powder that you dissolve in liquid. It doesn't add taste, color, or thickness to liquids. If you would like to try Glutamine, here are some guidelines:

How to use glutamine

- Start using glutamine powder 1 week before starting radiation. **Keep taking glutamine 3 times a day while getting radiation.** Try to do one of your doses 1 to 2 hours before each radiation treatment. Keep using glutamine for 2 to 3 weeks after your radiation treatment is done.
- Do not use glutamine that contains preservatives or additives. You can buy Naked Glutamine powder from Naked Nutrition on their website or on Amazon or Walmart.com. It may also be called L-glutamine.

If you do not have a feeding tube	If you have a feeding tube
<p>Mix 10 grams of glutamine with 8 ounces of any liquid. Stir to dissolve.</p> <p>Swallow the mixture. If you cannot swallow, swish the mixture in your mouth, then spit it out.</p> <p>It's ideal if you use the mixture at least 30 minutes before eating or drinking.</p>	<p>Mix 20 grams of glutamine with 16 ounces of any liquid. Stir to dissolve.</p> <p>Put half of the mixture in your feeding tube. Don't add the mixture to medicines or tube feeds. Flush the feeding tube with water before and after each use.</p> <p>Swish the rest of the mixture in your mouth and spit it out.</p>

Supplements, like medicines, may cause side effects. Common side effects from glutamine are constipation, nausea, bloating, gas, burping, headache, belly pain, cough and back, leg, feet, hands or arm pain. L-glutamine may cause other side effects. Always tell your radiation care team if you have any new or worsening health problems.

Don't use glutamine if you have kidney or liver problems or a bipolar or mania disorder.

How to order glutamine

1. Visit one of these websites:

- www.nakednutrition.com
- www.amazon.com
- www.walmart.com

2. Search for Naked Glutamine powder – made by Naked Nutrition.

It may also be called L-glutamine. Do not buy the capsules.

Below is a photo of what the product looks like.



Glutamine Powder
Naked Glutamine 1KG

References: Medlineplus.gov; American Society of Health-System Pharmacists, Inc.

This info is a general resource. It is not meant to replace your doctor's advice. Ask your doctor or health care team any questions. Always follow their instructions.