

# PKU and Illness



## *What to do first...*

When your child is sick, contact his or her primary care physician. Your child's pediatrician will provide guidance about managing illness or infection.

The first priority is managing your child's acute illness. The UW PKU Clinic is available for consultation if you or your child's doctor have questions.

## *Medication*

If possible, avoid medications that contain aspartame, as there is phenylalanine in aspartame. If there is no alternative to a medication with aspartame, it is okay to give it to your child; but do contact the PKU Clinic to see if your child's food or formula pattern should be adjusted temporarily.

Some prescription and over-the-counter medications that contain aspartame are listed on the next page. A more complete list can be found at <http://www.pkunews.org> under "Diet-Related Information." Your pharmacist can also look to see if aspartame is on the ingredient list.

## *Formula, formula, formula*

During an illness or infection, it is important to maintain your child's formula intake as much as possible. However, if your child absolutely refuses to drink formula, then offer clear liquid (e.g., Pedialyte, diluted juice, or whatever is suggested by your child's primary care physician).

## *Stomach bugs*

As with children who do not have PKU, getting enough fluid during stomach illnesses is especially important. The current recommendation for diet during stomach illness is as-close-to-usual as possible. If your child is not able to tolerate his or her usual food and formula pattern, offer half-strength formula and juice, and then try to return to a normal formula and food pattern as tolerated.



## *What about blood draws?*

When your child is sick, please contact the PKU Clinic before taking your child in for a blood draw. Since illness can affect blood phe levels, the date for a blood draw may need to be adjusted.



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# Selected Medications that Contain Phenylalanine

For a complete list, see <http://www.pkunews.org>

## Over-the-counter Medications

### Cold and Allergy

Alka-Seltzer Plus – some flavors  
Benadryl allergy and sinus fastmelt  
Benadryl allergy chewables  
Childrens PediaCare Multi-Symptom Cold Chewables  
Diabetic Tussin  
Halls sugar free menthol cough suppressant drops  
Ricola Sugar free herb throat drops  
Robitussin sugar free throat drops  
Sudafed childrens chewables  
TheraFlu  
Triaminic softchews  
Walgreens Effervescent Cold Relief Plus  
Wal-Tussin DM Clear (Walgreens brand)  
Valu-Rite Expectorant DM clear cough syrup

### Analgesic

Advil, Childrens chewable tablets grape  
Advil, Junior strength fruit  
Alka-Seltzer PM  
Excedrin Quick Tabs  
Motrin, chewable tablets  
Non-Aspirin, Childrens soft chewable tablets and Junior strength all flavors (Walgreens brand)  
Temptra quicklets childrens or junior strengths

### Electrolyte Replacement

Pedialyte Freezer Pops  
Kao Lectrolyte electrolyte replenisher

## Prescription Medications

### Antiemetics

Zofran, ODT

### Antibiotics and Antivirals

Amoxicillin chew tabs  
Augmentin chewable tablets

Augmentin oral suspension

Cefzil

Penicillin V Potassium for Oral Suspension

Videx chewable tablet (all strengths)

Viracept powder for Oral Suspension

Zyvox 100mg/5ml suspension

The Food and Drug Administration (FDA) strongly recommends *against* the use of over-the-counter (OTC) cough and cold products for infants and children under 2 years of age because serious and potentially life-threatening side effects could occur.

OTC cough and cold products include these ingredients: decongestants (for unclogging a stuffy nose), expectorants (for loosening mucus so that it can be coughed up), antihistamines (for sneezing and runny nose), and antitussives (for quieting coughs). The terms on the label include "nasal decongestants," "cough suppressants," "expectorants," and "antihistamines."

The FDA is reviewing information about use of these medications for children ages 2 to 11 years. The FDA's recommendations for children ages 2 years and older include the following:

- Check the "active ingredients" section of the DRUG FACTS label.
- Be very careful if you are giving more than one OTC cough and cold medicine to a child. If you use two medicines that have the same or similar "active ingredients," a child could get too much of an ingredient which may hurt your child.
- Carefully follow the directions in the DRUG FACTS label.
- Only use the measuring spoons or cups that come with the medicine or those made specially for measuring drugs.
- Choose OTC cough and cold medicines with childproof safety caps, when available, and store the medicines out of reach of children.
- Understand that OTC cough and cold medicines do not cure or shorten the duration of the common cold.
- Do not use these products to sedate your child or make children sleepy.
- Call a physician, pharmacist, or other healthcare professional if you have any questions about using cough or cold medicines in children 2 years of age and older.

For more information, see <http://www.fda.gov/consumer/updates/coughcold011708.html>.