

G6PD DEFICIENCY REFERENCE GUIDE

WHAT IS G6PD DEFICIENCY?

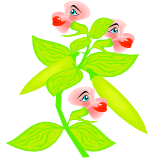
Glucose-6-phosphate dehydrogenase (G6PD) deficiency is the most common human enzyme deficiency; it affects an estimated 400 million people worldwide. G6PD deficiency is also known as “favism” since G6PD deficient individuals are also allergic to fava beans. G6PD deficiency is a genetic condition that is inherited in an X-linked recessive fashion. This means that males are more likely to be affected by this condition than are females. Genetic testing is available to identify a deficiency in G6PD in both males and females. It is very important to tell any doctor or other health professional (such as nurse or pharmacist) that you have G6PD deficiency to avoid a possible harmful reaction to treatments they might prescribe.

WHAT HAPPENS IF YOU HAVE G6PD DEFICIENCY?

Haemolytic anaemia and prolonged neonatal jaundice are the two major problems associated with G6PD deficiency. Aside from neonatal jaundice, haemolytic anaemia can only arise when a person with G6PD deficiency is exposed to certain chemicals; otherwise, they live a normal life.



Haemolytic anaemia is the decreased ability of red blood cells to transport oxygen throughout the body; consequently, if you are having a haemolytic crisis, you will probably feel tired and out of breath, and may have dark coloured urine. Certain oxidative drugs, infections, or fava beans (and the pollen from the fava bean plant) can cause this. Among the drugs contra-indicated for G6PD deficient individuals are aspirin and most anti-malarials, but fortunately G6PD deficient individuals are resistant to malarial infection.



Neonatal jaundice (a yellowing of the mucous membranes and other body tissues at birth) is a common condition in all newborns, but when it persists, G6PD deficiency is suspected. The newborn becomes jaundiced as a result of decreased activity of G6PD in the liver. This can be a potentially serious problem as it can cause severe neurological complications.

WHAT PRECAUTIONS CAN I TAKE TO ENSURE MY HEALTH IF I HAVE G6PD DEFICIENCY?

Do not take any of the medications listed in this information sheet (or medications similar to them) without consulting a physician. Also avoid fava beans (and the plant). Always tell any health provider you see that you have G6PD Deficiency (and give them this list).

You should not donate blood if you have this condition, the Australian Red Cross does not accept G6PD deficient blood.

MEDICATIONS TO AVOID

Analgesics/antipyretics: acetanilid, phenacetin, amidopyrine, aminopyrine*, antipyrine*, aspirin*, probenecid, pyramidone

Miscellaneous: alpha-methyl dopa, ascorbic acid*, dimercaprol (BAL), hydralazine, mestranol, methylene blue, nalidixic acid, naphthalene, niridazole, phenylhydrazine, toluidine blue, trinitroluene, urate oxidase, vitamin K* (water soluble), pyridium, quinine*

Antimalarials: chloroquine*, hydroxchloroquine, mepacrine (quinacrine), pamaquine, pentaquine, primaquine, quinine*, quinocide

Cytotoxic / Antibacterial: chloramphenicol, co-trimoxazole, furazolidone, furmethonol, nalidixic acid, neoarsphenamine, nitrofurantoin, nitrofurazone, para-aminosilylic acid

Cardiovascular drugs: procainamide*, quinidine*

Sulfonamides / Sulfones: dapsone, sulfacetamide, sulfamethoxyprimidine, sulfanilamide, sulfapyridine, sulfasalazine, sulfisoxazole



Miscellaneous to Avoid: Fava Beans, Some people also avoid red wine, all legumes, blueberries [and yoghurts containing these], soya products, tonic water, camphor.

* These drugs are safe in minimal doses. Most prefer to avoid them altogether. If you do take these, please remember to take only normal therapeutic doses and under medical supervision.