

## Patient information

# Glucose 6 Phosphate Dehydrogenase (G6PD) Deficiency

Haematology Department

### What is glucose six phosphate dehydrogenase (G6PD)?

G6PD is an enzyme which is found throughout the body. G6PD deficiency is a reduced amount of the enzyme. This can affect the red blood cells.

### How is G6PD deficiency discovered?

A specific blood test can measure the G6PD level. It is not a routine test. It is only done if the doctor has reason to believe that you might have G6PD deficiency when, for instance, you become jaundiced (yellow in colour).

### How do you get G6PD deficiency?

G6PD deficiency is inherited. This means it is passed from one or both parents to the child. It is found in both men and women, but usually affects men more severely. It is generally found in people whose ancestors have come from areas such as the Mediterranean, Caribbean, Africa and South East Asia.

There are many types of G6PD deficiency, but the types found in people from the Mediterranean and South East Asia are usually more severe than those found in other groups.

### What does G6PD have to do with the blood?

G6PD is found in red blood cells which carry oxygen to all parts of the body. It helps protect red blood cells. If the amount of G6PD is reduced, some of the red blood cells may be destroyed. You may then not have enough red blood cells, leading to you becoming anaemic and lacking in energy.

### Risks for people with G6PD deficiency

People with G6PD deficiency occasionally have a problem if they:

- eat certain foods including broad beans, chickpeas, lentils and black-eyed peas
- get an infection
- come into contact with mothballs
- take certain medicines, such as Aspirin or Disprin, and some common antibiotics.

Always check with your doctor whether certain medicines are safe to take. There is a list at the end of this leaflet.

You may have a problem if you:

- feel unwell and lack energy.
- become pale and yellow in colour (jaundiced).
- have a backache.
- pass dark coloured urine.

If you develop any of these symptoms, make an urgent appointment with your doctor. In an emergency go to a hospital accident and emergency department and take this factsheet with you.

### **What can be done about G6PD deficiency?**

Nothing can be done to correct the G6PD deficiency. However, it need not cause any problems if you avoid:

- the medicines listed below.
- broad beans and other legumes.
- contact with moth balls.

**It is important that you take this list of medicines with you every time you visit the doctor or hospital.**

Medicines that sometimes cause problems for people with G6PD deficiency.

Medicines for malaria:

- Chloroquine
- Fansidar
- Maloprim (contains Dapsone)
- Pentaquine
- Pamaquine
- Primaquine

Other medicines:

- Aspirin (large doses)
- Chloramphenicol
- Dapsone
- Phenylhydrazine
- Nalidixic acid
- Nitrofurantoin

- Sulphonamides (some)
- Thiazolesulfone
- Vitamin K

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

### **Specialist Haemoglobinopathy Team:**

**Consultant Haematologist  
Advanced Clinical Practitioner  
Clinical Nurse Specialist x2  
Haematology Specialist Registrar (Rotational Position)  
Psychologist**

### **Contact Details:**

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