

Emergency Preparedness Supplies for LONG-CHAIN HYDROXYACYL- CoA DEHYDROGENASE DEFICIENCY (LCHADD)

- Metabolic geneticist name and contact information _____
- Dietitian name and contact information _____
- Primary care provider or pediatrician name and contact information _____
- Local hospital/emergency room name and contact information _____
- Pharmacy name and contact information _____
- Formula manufacturer name and contact information _____
- Formula prescription _____
- Medication manufacturer name and contact information _____
- Medication prescription _____

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| <ul style="list-style-type: none"><input type="checkbox"/> Emergency letter with diagnosis and treatment plan from genetics clinic<input type="checkbox"/> 7-10 day supply of metabolic food/formula<input type="checkbox"/> 7-10 day supply of non-perishable low fat food (i.e. pretzels, crackers, dried fruit, fruit strips, applesauce, tuna packets, cans of beans, low-fat muesli, PB2) | <ul style="list-style-type: none"><input type="checkbox"/> 7-10 day supply of all medications (i.e including Zophran if administered)<input type="checkbox"/> 1 Bottle MCT oil or MCT Pro-Cal (tsp to measure)<input type="checkbox"/> 1 Container Corn Starch<input type="checkbox"/> 1 Container Powdered Gatorade<input type="checkbox"/> 4 packets Gatorade chews<input type="checkbox"/> 4 32 ounce containers coconut water |
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- Food scale with extra batteries
- Battery-operated heater or air conditioner depending on weather conditions
- Preferred container for consuming metabolic food/formula
- Cooler with instant cold packs to refrigerate metabolic formula
- Purified or bottled water (plenty to prevent dehydration, mix with metabolic formula, or wash supplies/materials)
- Standard orders for blood draw at lab
- G-tube supplies for management, cleaning, and preparation (syringes,

liquid foods, measuring cups, clean food containers, pole/wall hooks to hang food containers during feedings, soap for hand washing, water for washing and tube flushing, dishwashing liquid to wash the container, cotton swabs to clean around the stoma site, washcloths, gauze, antibiotic ointment)

- First Aide Kit
- Flashlight
- Solar-powered chargers
- Adapters for car chargers
- Hand-powered radio

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