

A Guide for Patients and Families

Rhabdomyolysis

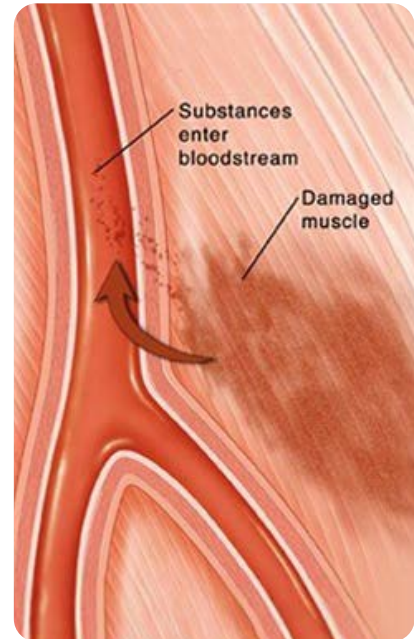


What is Rhabdomyolysis?

Rhabdomyolysis is a condition in which damaged muscle releases its substances into the bloodstream.

This can lead to serious problems in the body, which include:

- ◆ Minerals imbalance in the blood as the body needs the correct amount of minerals to work properly.
- ◆ Kidney damage resulting from dangerous substances that are released during rhabdomyolysis.



Who is At Risk?

More common in people who:



- ◆ Perform intense physical activities, especially in untrained individuals (non-athletes).
- ◆ Lie in the same position for long periods of time.
- ◆ Had direct muscle injury from trauma (external forces).

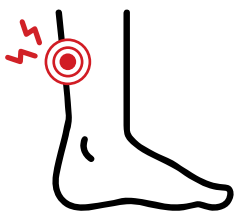
Less common but may occur in people who:



- ◆ Have different types of infections (e.g. bacteria, viral and fungal infections).
- ◆ Have muscle problems at birth.
- ◆ Consume certain drugs and toxins.

What are The Symptoms?

Some patients have no complaints, while other people may experience common symptoms that include:



Muscle pain
and/or
weakness



Brown, red or
tea-coloured
urine

Is There a Test for Rhabdomyolysis?

If rhabdomyolysis is suspected, your doctor may carry out blood, urine tests and check for any problems it has caused.

How can I be Treated?

Your doctor may provide treatments that include:



INTRAVENOUS HYDRATION

This is done by delivering fluids into your veins via a thin tube, which helps to:

- ◆ Maintain sufficient urine production.
- ◆ Remove toxic substances from your body.
- ◆ Prevent kidney failure.



MEDICATIONS

Medications can be given to control symptoms such as muscle aches.



DIALYSIS

This is a procedure which removes waste products and excess fluid from the blood when the kidneys stop working properly.

If supportive treatments as mentioned above are not enough to manage kidney damage, dialysis may be required.

Home Care Advice



Drink plenty of fluids to stay hydrated and avoid getting overheated.



Learn the signs and symptoms of rhabdomyolysis and ensure that you pass a good volume of urine (approximately one to two litres) each day.



Rest and **AVOID** physically intensive activities for a few weeks to a month (e.g. marathon running).