

## 6. 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)

### Department of Nursing

Tan Tock Seng Hospital

#### Contact:

6357 7000 (Central Hotline)



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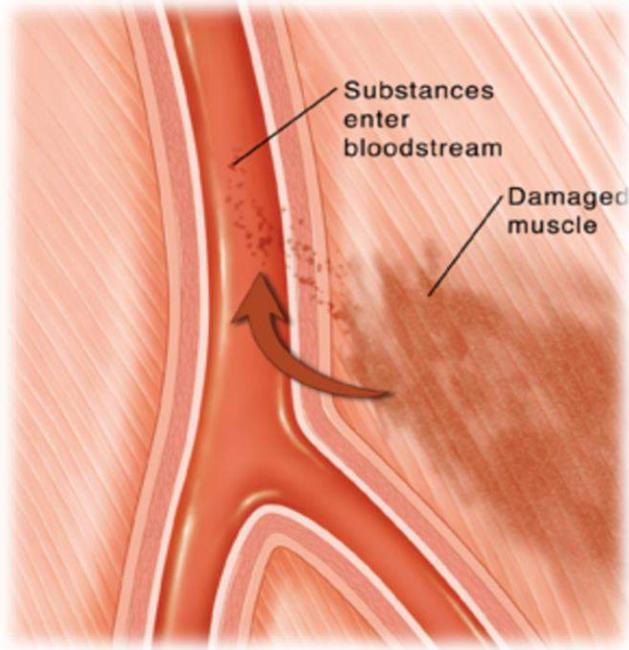
## Department of Nursing

# Rhabdomyolysis



## 1. 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

## 2. 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 that they are born with
- Consume certain drugs and toxins

## 3. 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

## 4. Is There a Test for Rhabdomyolysis?

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

## 5. 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