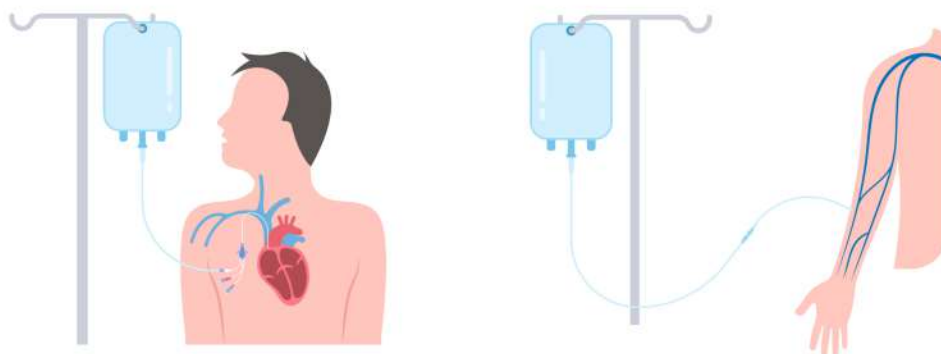


Parenteral Nutrition

What is Parenteral Nutrition?

Parenteral Nutrition (PN) is a way to give your body nutrients. It uses a sterile solution which goes into your bloodstream through a special tube. The tube is in a vein in your arm or chest. This solution has all the important nutrients your body needs - proteins, carbohydrates, fats, fluids, vitamins and minerals.



Why do I need Parenteral Nutrition?


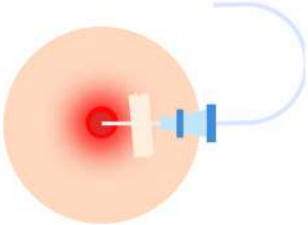


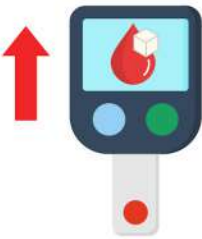

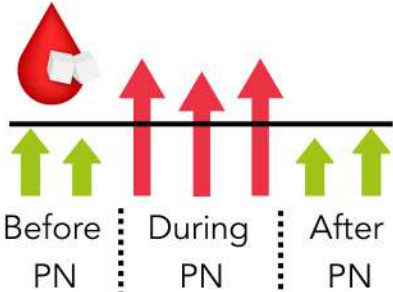
At this moment, your gut may not be able to digest food or absorb nutrients properly. Your medical team has determined the safest way to help you recover is to let your gut rest partially or completely. To make sure you still get the nutrition you need, you will receive it through your veins in the form of PN.




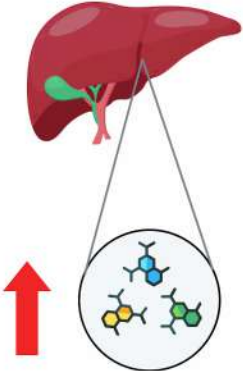


Are there other alternatives to Parenteral Nutrition?

PN is only recommended by the medical team if it is the best option for you in terms of your care at that time. If you have any concerns or questions about PN, it is important to discuss them with your medical team before proceeding.

What are the risks associated with Parenteral Nutrition?

Like any medication or therapy, there are potential risks associated with PN.

Risks	Warning Signs	Monitoring for Risk Prevention
<p>Line infection</p> 	<p>Warmth, swelling, redness at infusion site</p> 	<p>Your medical team will monitor the site of infusion and take your temperature regularly to monitor for signs of infection.</p>  <p>To prevent contamination of the sterile solution, avoid touching the area around the infusion site with your bare hands.</p> 
<p>High blood sugar levels</p> 	<p>Increased thirst, frequent urination</p> 	<p>During the infusion of PN, your blood sugar levels may go up and need to be monitored and treated with medication, for example, with insulin. The levels usually return to normal after PN is discontinued.</p> 

Risks	Warning Signs	Monitoring for Risk Prevention
<p>Fluid overload</p> 	<p>Shortness of breath, leg swelling</p> 	<p>Your medical team will monitor your fluid intake and output daily. They will also watch for signs of excessive fluid in your body.</p> 
<p>Elevated liver enzymes</p> 	<p>Yellowing of the whites of the eyes and skin, severe abdominal pain, tea-coloured urine</p> 	<p>Your medical team will monitor your liver enzymes regularly while you are on PN to prevent associated symptoms.</p> 

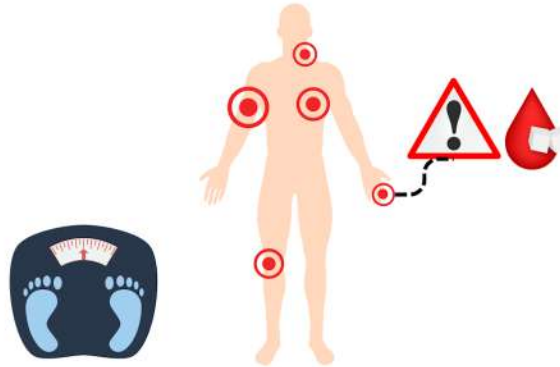
How do I start Parenteral Nutrition?

Before starting PN, your Nutrition Support Team (NST) will make sure everything is ready. PN is given through a dedicated drip (intravenous infusion) using a pump. Before preparing the solution, your NST will assess what nutrients you need and how much to give you. They may need to do additional blood tests to ensure it is safe to start PN, and monitor your blood test results regularly while you are on PN therapy.



Do I need regular tests while on Parenteral Nutrition?

The contents of your PN bag are carefully adjusted through regular monitoring of your blood test results. Other routine checks include blood sugar levels, symptoms and weight, to ensure that PN is safe and effective for you.



Alert your doctor or nurse immediately if you experience any of the following:

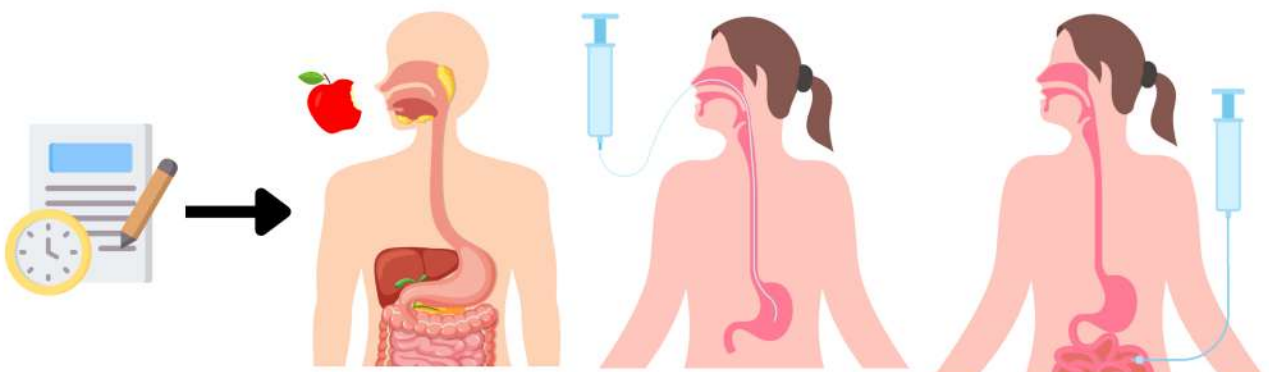
- Fever greater than 38°C
- Shaking or chills
- Swelling at the site of infusion
- Shortness of breath
- Lower limb swelling



Please inform your medical team if you experience any other symptoms not listed above.

How long will I need Parenteral Nutrition for?

The duration of PN therapy varies among individuals and may change depending on various factors. PN will no longer be required once your medical team determines that your body is able to sustain adequate nutrition for recovery through oral diet and/or tube feeding.



Can I eat or drink while on Parenteral Nutrition?

This can vary depending on the reason you require PN therapy, the treatment you are receiving and your recovery, which may change over time. It is best to consult your medical team if you are unsure.



Will I feel hungry or thirsty while on Parenteral Nutrition?

You may not feel hungry or thirsty while receiving PN, but this can change over time. It is important to inform your medical team if you do feel hungry or thirsty.

Will I be able to move around while on Parenteral Nutrition?

You will be able to move around the ward or continue your physical therapy prescribed for you by your medical team. If you need assistance with this, your nurses or therapists will be available to help you. Please do not remove the drip yourself without notifying your medical team.



Your NST consisting of doctors, pharmacists and dietitians will be happy to answer any questions and/or concerns you may have about PN.



Contributed by Nutrition & Dietetics Service, Allied Health Services and Nutrition Support Team

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of March 2024 and subject to revision without prior notice.



Scan QR code to download e-brochure