Total Parenteral Nutrition (TPN)

What is TPN?

Total Parenteral Nutrition (TPN) is a way to get carbohydrates, proteins, fats, vitamins, minerals, electrolytes, and water into your body through your veins.

Preparing your TPN bag

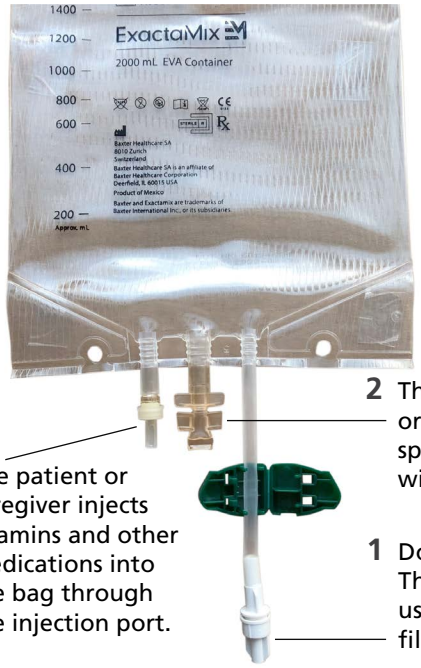
Drawing vitamins from a vial into a syringe:

- ☐ Remove the cap from vitamin bottles 1 and 2. (Each has a different colored cap.)
- ☐ Vigorously scrub the top of the vial with an alcohol wipe.
- ☐ Using a 10 mL syringe, draw back 5 mL of air into the syringe.
- ☐ Insert the needle into the vitamin bottle and inject the 5 mL of air into the bottle.
- ☐ Hold the bottle upside down with the tip of the needle below the level of fluid.
- ☐ Draw 5 mL of vitamin bottle 1 into the syringe.
- ☐ Withdraw the needle from bottle 1 and replace the needle cover.
- ☐ Using a separate 10 mL syringe, repeat the process with vitamin bottle 2.

Using predrawn medications in a syringe:

- ☐ Remove the cap from the end of syringe and discard
- ☐ Attach separate needle to the syringe

ExactaMix TPN



Inject medications into the TPN bag

- ☐ Vigorously scrub the injection port on the TPN bag with an alcohol wipe.
- ☐ Inject vitamins and / or predrawn medication into the injection port.
- ☐ Withdraw the needle. Place the syringe and needle into a sharps container.
- ☐ Gently tilt the bag back and forth to mix.

Preventing Infection

Be very careful when handling the tubing, needles, and other supplies to prevent contamination. Make sure you have a clean workspace. If you accidentally drop or contaminate a supply DO NOT USE IT! It is much less expensive to use new supplies than to treat an infection. NEVER use opened or damaged packages. ALWAYS wash your hands thoroughly before doing anything with your TPN supplies or IV catheter.

What do I need to watch for?

The main things to watch for are changes in your blood glucose (sugar), infection, electrolyte imbalance, or changes in your weight.

Blood Glucose	
Signs and symptoms of **LOW BLOOD GLUCOSE**	Signs and symptoms of **HIGH BLOOD GLUCOSE**
• Shakiness • Nausea • Headache • Blurred vision • Sweating • Confusion • Mood changes • Hunger • Unconsciousness	• Excessive thirst or urination • Weakness • Nausea • Headache • Hunger • Abdominal pain • Sleepiness • Unconsciousness

Note: Never stop or unhook from your TPN in the middle of your infusion as that can lead to severe low blood sugar level or a line infection.

Infection

Signs and symptoms of infection include:

- Fever higher than 101 °F (38.3 °C)
- Sweating
- Chills

Electrolyte imbalance

Signs and symptoms of electrolyte imbalance may include:

- Tingling, twitching, or cramping in the muscles
- Nausea
- Vomiting
- Weakness
- Irregular heartbeat, or heart is racing, pounding, or skipping a beat (palpitations)
- Diarrhea
- Loss of appetite

Changes in your weight

Weigh yourself 3 times a week or as instructed. Report changes of more than 3 pounds in a week to your homecare nurse or provider.

When should I call for help?

Call **Intermountain Homecare & Hospice** at (385) 887-7353 if you have:

- Problems with the pump
- Any of the symptoms talked about in this form

Notes

Content created and approved by Intermountain Homecare & Hospice

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