



## PATIENT GUIDE: IDPN (*intradialytic parenteral nutrition*) *education guide for home hemodialysis patients*

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Intradialytic parenteral nutrition (IDPN) has been ordered by your doctor to provide extra protein and calories needed to improve your nutritional status. IDPN provides protein and calories in the form of amino acids, dextrose, and sometimes lipids that are readily absorbed. NutrePletion Resources (NPR) is the pharmacy that will be providing your IDPN solutions.

NutrePletion Resources follows government-recommended United States Pharmacopeia 797 guidelines when compounding IDPN and implements an ongoing quality assurance program to validate product integrity.

### Delivery and storage:

- ◆ NutrePletion Resources will send an infusion pump and pole to your home.
- ◆ IDPN bags will arrive at your home once a week. All bags will be clearly labeled with your name, the bag number, and the expiration date.
- ◆ Bags will arrive on ice and must be refrigerated upon delivery. Refrigerator temperature must be maintained between 36°-46° F.
- ◆ Please have someone call NutrePletion Resources at 1 800 626-4427 if you are hospitalized to help prevent unnecessary deliveries and avoid waste.
- ◆ On occasion, the common carrier contracted by NutrePletion Resources to deliver the IDPN and/or supplies may not make delivery inside the home. Some deliveries may be large and heavy. If you need assistance bringing the delivery indoors for proper storage, please share this information with the NutrePletion Resources representative when scheduling your delivery.
- ◆ If a bag is unrefrigerated and does not feel cold to the touch, it should not be re-refrigerated. Call NutrePletion Resources to request a replacement bag.
- ◆ NutrePletion Resources has 24/7 availability. After working hours, a call center, staffed by registered nurses, will take all incoming calls.

### Administration:

- ◆ The IDPN bag must reach room temperature before administration. Room temperature is usually achieved by leaving the bag out of the refrigerator for 4-6 hours, though smaller bags may take less time. The nurse/patient/caregiver must check the IDPN bag to ensure the following: the bag has not expired; the correct patient name is listed on the label; and the bag is free of crystallization, streaking, discoloration, or other signs of instability. If any of the bags are not correctly labeled or show signs of instability, please discard the bag(s), and call NutrePletion Resources at 1 800 626-4427 to request replacement bag(s).

### Monitoring:

- ◆ NutrePletion Resources is a Joint Commission accredited pharmacy, providing medications to patients in the home.
- ◆ Prior to starting IDPN, you will receive a patient education booklet and a business card with contact information for the pharmacy and your NutrePletion Resources dietitians.
- ◆ Although uncommon, occasional side effects of IDPN may include nausea, flushing (feeling of warmth), headache, or elevated blood sugar levels. Please contact your healthcare provider or NutrePletion Resources if you experience any side effects.
- ◆ You or your caregiver/nurse should check your blood sugar levels prior to the infusion, mid-way through the infusion and at the end of the infusion.
- ◆ You should eat a light snack following the IDPN infusion/treatment.
- ◆ If considered necessary by the nephrologist, there may be an order for sliding scale insulin. If this is the case, one vial of insulin with syringes will be delivered monthly to your home with the IDPN, along with a sharps dispenser for proper disposal of the needles.
- ◆ A copy of monthly labs and weights should be faxed to NutrePletion Resources at 1 866 403-4044. Please remind your doctor and/or nurse to send copies of this labwork when you go for your visits to the dialysis center.
- ◆ NutrePletion Resources pharmacists and clinical dietitians will follow your progress and follow up with you periodically on the phone. A pharmacist will call you for an initial assessment just prior to or right after you start your IDPN therapy and every couple of months thereafter to make sure there are no problems with your IDPN treatments. It is important to speak to the pharmacist when called or to return the call promptly if you are not available at the time so that shipments can continue without interruption.

Phone: 1 800 626-4427 | [www.nutrepletion.com](http://www.nutrepletion.com)