



Patient Name: \_\_\_\_\_

Dr. \_\_\_\_\_ has prescribed \_\_\_\_\_ mls of TPN to be taken intravenously every \_\_\_\_\_ to be infused over \_\_\_\_\_ hours.

**About Your TPN Therapy:**

This intravenous TPN solution has been prescribed by your physician to replace needed carbohydrates, proteins, fluids, electrolytes, vitamins and minerals. It is prescribed when your physician has determined that your oral intake is not adequate to meet your body's requirements. It is a method of delivering essential nutrients directly into your bloodstream, bypassing your gastrointestinal system. Your TPN solution contains all the essential nutrients your body requires to maintain your health.

**How to Use this Medication:**

Your nurse will instruct you on how to take your TPN. It is very important to follow the instructions provided by your nurse and/or physician for administration of this TPN. Without proper nutrition, your medical condition may not be properly treated and this could cause complications.

**Possible Side Effects of TPN**

**Symptoms**

- |   |  |  |
|---|--|--|
| • High blood sugar                            |  | headache, thirst, nausea, increased urination, blood sugar readings > 200        |
| • Decreased blood sugar                       |  | headache, muscle weakness, sweating, hunger, double vision, confusion, shakiness |
| • Metabolic Disorders (abnormal electrolytes) |  | Fatigue; slower breathing rate   |
| • Allergic Reaction                           |  | Rash; swelling; difficulty breathing   |
| • Fat deficiency                              |  | dry, scaly skin  |

Should any questions arise or should you experience any complications, please contact your nurse or physician at once.

**Other Considerations:**

- Keep your TPN refrigerated in a clean, dry area away from food.
- Keep other additives refrigerated as directed.
- Keep all supplies together in a safe place away from children and animals.
- Always check the medication label to ensure that your name, the expiration date, correct medication name & dose are present.
- Always examine the bag of TPN solution for clarity and lack of particles prior to infusion. If your TPN has lipid solution (bag is white), examine the solution for any yellowing or curdling.
- If your TPN solution requires additional medications (vitamins, etc.) be added, they must be added just before you infuse the TPN.

**If you experience any problems or have any questions, please call your nurse at**

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## **CHECKING YOUR PROGRESS**

**You will need to monitor your response to the TPN prescribed by your physician. You will need to keep a record of this progress as instructed by your nurse / physician / dietitian.**

### **□ TEMPERATURE**

An increase in temperature can be a sign of infection.

- Check your temperature every morning before drinking or smoking.
- Record your temperature on the Self Monitoring Flow Sheet,
- If you have a fever, call your nurse.

### **□ WEIGHT**

A sudden weight loss or gain can be a sign of fluid retention or dehydration.

- Weigh yourself every day at the same time with similar clothing.
- Record your weight on the Self Monitoring Flow Sheet.
- Notify your nurse or physician if you experience increased thirst or have a weight gain or loss of greater than 3 pounds in one week.

### **□ BLOOD SUGAR (if instructed to monitor)**

TPN has a high concentration of sugar. Your physician may want you to monitor your body's ability to tolerate this extra sugar.

- Test your blood sugar as instructed by your nurse/physician.
- Record the results on the Self Monitoring Flow Sheet.
- Notify your nurse/physician as instructed.

### **□ INTAKE AND OUTPUT**

It is important to keep a record of your fluid intake and output to determine if your body is retaining fluid or becoming dehydrated.

- Record the total oral and IV fluid intake for each day on the Self Monitoring Flow Sheet.
- Record the total urine output for each day on the Self Monitoring Flow Sheet.
- Record any drainage from drainage tubes for each day on the Self Monitoring Flow Sheet.
- Record the number and types of bowel movements you have each day on the Self Monitoring Flow Sheet.
- Notify your nurse/physician as instructed.

### **□ INSPECT YOUR IV CATHETER SITE**

It is important to inspect your IV catheter insertion site for redness, swelling, tenderness and drainage. These could be signs of infection.

- Inspect the catheter insertion site every day.
- Record your observations on the Self Monitoring Flow Sheet.

- Notify your nurse if you observe any changes in the site (redness, swelling, tenderness, drainage) or in the length.

