



Patient Guide to Intradialytic Parenteral Nutrition

What is Intradialytic Parenteral Nutrition IDPN?

IDPN is supplemental nutrition that is given during your dialysis session.

IDPN is custom designed to provide you with the valuable protein and calories, the building blocks of normal body function.

IDPN is recommended for patients who are unable to meet their nutritional goals through oral diet and traditional means of protein replacement such as protein bars, shakes, and other supplements.

On average, IDPN delivers 75-85 grams of amino acids (protein) per dialysis treatment, as much as a 12 oz steak, 10 oz chicken breast, or 13 eggs.

IDPN also contains a small amount of dextrose (a type of carbohydrate) to help your body use the protein and some patients may also receive lipids (a type of fat) for additional nutrition and calories.

Why should I use IDPN?

It can be difficult to get adequate protein in your diet due to hemodialysis removing protein along with a lack of appetite and other medical conditions, which puts you at risk of becoming malnourished, losing muscle mass leading to weakness, reduced energy, and difficulty healing wounds.

Starting IDPN can help prevent further protein and weight loss or help increase low protein levels which may help you feel stronger and have more energy than before.

How and when is IDPN administered?

IDPN is shipped weekly to the clinic for in-center hemodialysis or your home if you are on home hemodialysis. It is administered directly into the venous drip chamber (clinic patients) or venous access port of your dialyzer (home patients) during your regular hemodialysis session.

No additional access is required.

Follow proper sanitation guidelines including hand washing and having a clean workspace when administering IDPN.

Storage and Disposal when using at home

For home hemodialysis patients, a small refrigerator is provided to store IDPN bags. The temperature of the refrigerator should be 36° - 46° Fahrenheit. Do not freeze the bags or use any bags that are or have been frozen. Discard any bags that are expired.

IDPN is like food: you need to keep it refrigerated and inspect it like you would with any protein.

Do not use your IDPN refrigerator to store food or beverages. It should be used for IDPN only.

Before using IDPN, let it come to room temperature.

If the bag has warmed to room temperature (cool, not cold to touch) and will not be used within 24 hours, it **should be discarded**.

IDPN can be disposed of with NO special treatment.

Will IDPN change my Hemodialysis (HD) schedule?

IDPN will not change your HD schedule as it is administered during your regular session.

Will IDPN add more fluid to my body?

IDPN will not add more fluid to your body. The nurse will program the machine to remove the fluid given during your session.




What if a dose is missed?

Your IDPN should be given on a regular schedule during your hemodialysis session. If you miss a session, wait until your next session to administer IDPN.

Does IDPN contain a large amount of potassium or phosphorus?

There is no potassium or phosphorus in IDPN.

Common Ingredients of IDPN

-  **Amino acids (Protein)**
Provides your body with protein to help increase or maintain protein levels in your blood. The amino acids also help to grow, maintain, and repair cells in your body.
-  **Dextrose (Carbohydrates)**
Provides your body with carbohydrates to better use the protein to build muscle mass and provide some additional calories.
-  **Lipids (Fats)**
(for patients needing extra calories and nutrition)
Provides your body with extra calories to help gain or maintain weight.

For any questions or more information, please contact us at 866-348-0441



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