

# Patient Guide to Intraperitoneal Nutrition



## What is IPN?

IPN or Intraperitoneal Nutrition is a form of nutrition support for someone who receives peritoneal dialysis.

Your MD or RD may have mentioned the necessity to eat more protein like meat, chicken, and/or eggs; they may have also prescribed oral nutrition supplements. IPN is similar to eating protein, but instead of getting it through food, you will get it through one of your PD bags.

## Why should I use IPN?

Peritoneal dialysis can lead to a loss of large amounts of protein each day, which puts you at risk of becoming malnourished, as well as muscle mass loss leading to weakness, reduced energy, and difficulty healing wounds.

Starting IPN can help prevent further weight loss or help increase low protein levels which may help you feel stronger and have more energy than before. If you have diabetes, hyperglycemia, or high triglycerides, IPN may help improve these conditions by removing a portion of dextrose from your dialysis solution.

## What makes IPN easy to administer?

IPN is shipped to your home twice/week and is administered in the same method as your peritoneal dialysis (PD) exchanges by simply replacing one of the regular dialysate bags used each day for a NutriRite Home IPN bag which also contains protein.

For example, if you are using 2 six-liter dialysate bags, for the administration of IPN, you would replace one of these bags with a bag containing protein (IPN bag).

## Does it require a different connection to the PD catheter?

Absolutely not! You will connect to your PD catheter as you would with any other dialysis exchange.

## Will IPN increase my risk of infection and/or peritonitis?

IPN does not increase your chances of infection or peritonitis. In fact, because IPN can help improve your albumin or protein levels this itself can help reduce your risk of infection and hospitalization. Remember to please take all sanitary precautions you would take with your regular bags.

## Will using IPN increase my fluid status or add more fluid to my body?

IPN will not increase your fluid status nor add more fluid to your body. It will mimic the regular dialysis solution you are currently using.

If anything, IPN may improve your fluid balance as the protein in the bag may pull off more fluid.

## Does IPN contain a large amount of potassium or phosphorus?

There is no potassium or phosphorus in IPN. The solution is made of amino acids (protein), which are added to your PD solution.

## Will using IPN change my PD schedule?

IPN will not change your PD schedule. You may need to notify your current dialysate provider you are now receiving one bag of NutriRite Home™ IPN each day to help adjust the order of your regular dialysate bags.

You will be doing the exact same thing, but now you'll be receiving protein!

## Can I travel when I am on IPN therapy?

IPN can be shipped to your home or any other location you may travel to as long as there is a place to store the IPN bags to keep them between 36° – 46° Fahrenheit.

## Storage

A small refrigerator is provided to store IPN bags. IPN is like food: you need to keep it refrigerated and inspect it like you would with any protein.

The temperature of the refrigerator should be 36° - 46° Fahrenheit.

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

## Administration

- Remove the IPN bag from refrigeration several hours before use to allow the bag to come to room temperature.
- If performing a manual exchange, allow the bag to fully warm to room temperature before administration.
- 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**. IPN can be disposed of with NO special treatment.
- Follow proper sanitation guidelines including hand washing and having a clean workspace.



## Dialysis on a cycler:

### Option A:

Switch out your first fill bag (heater bag) for NutriRite Home™ IPN Therapy bag with protein.

### Option B:

Switch out your first fill bag (heater bag) for your last fill bag depending on prescription.

**There is NO additional dwell.**

## Manual Exchanges:

Switch out a midday dialysate bag for one NutriRite Home™ IPN therapy protein bag. Some patients will switch out one of their overnight bags for a longer dwell.

You will fill with the protein bag just as you would with your regular dialysate bags.



When you are done, you will simply drain into the attached drain bag.

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



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