



Information for
patients and
carers

Total Parenteral Nutrition
(TPN)

This leaflet will give you the information you may need to understand what Total Parenteral Nutrition (TPN) is and why you need to have it.

What is Total Parenteral Nutrition (TPN)

Total Parenteral Nutrition is an artificial formulation which provides your body with nutrition (food) and fluids when you are unable to eat/drink enough normally to maintain your own nutrition and hydration, or when you are not able to absorb enough nutrition from food and drinks.

Why do I need Total Parenteral Nutrition (TPN)?

There are several reasons why you may need Total Parenteral Nutrition. You may have a medical condition that means you are unable to eat and drink anything at all. You may also be able to eat and drink but your body may not be able to absorb enough nutrients from what you are eating and drinking. Your gastrointestinal (GI) tract may not be functioning correctly due to recent gut surgery or intestinal failure (short gut) syndrome.

How will I receive Total Parenteral Nutrition (TPN)?

Total Parenteral Nutrition will be given to you intravenously in a liquid form, through a central catheter which is a dedicated line for feeding purposes. The central catheter will either be a PICC (Peripherally Inserted Central Catheter) line into one of your arms or a Tunnelled Line which will be in your chest.

The Nutrition Team will make this decision and will discuss the length of time that you will require TPN.

Your Nurse can show you what the PICC and Tunnelled lines look like with our mannequin and explain in more detail during your appointment.

How long will I need to be on Total Parenteral Nutrition (TPN)?

This will depend on your medical circumstances as the length of time can vary from person to person. It may be needed on a short-term basis or long-term basis depending on your own circumstances.

Will I be attached to the Total Parenteral Nutrition (TPN) all day?

Initially this will be 24 hours whilst your body adapts. This will then be reduced slowly so you can be attached for approximately 12 hours overnight.

Can I still eat and drink whilst on Total Parenteral Nutrition (TPN)?

This will depend on your medical circumstances and the reason why you need to have TPN.

Who will look after my care whilst I am on Total Parenteral Nutrition (TPN)?

Your consultant will continue to look after you on the ward. Furthermore, you will also be looked after by the Nutrition Team who will visit you on the ward 7 days a week.

Who are the Nutrition Team?

The Nutrition Team comprise of Dietitians, a Pharmacist and a Nutrition Specialist Nurse who will visit you daily whilst you are in hospital. The Nutrition Team will assess your blood results, observations and your daily fluid intake and fluid losses.

Are there any complication risks?

If you require TPN long term, complications can arise from overfeeding and underfeeding. You can also have imbalances of fluid, salts and minerals, liver problems and altered blood sugars. This is monitored closely by regularly checking your blood results. There is always a risk of central line infection, but this is minimised by only having correctly trained nursing staff accessing your line, as a sterile procedure to reduce the risk of infection and in line with Trust Policy and Procedures.

Will I need to go home on TPN? Who will connect and disconnect my line?

This all depends on your current medical condition. You may need to go home on TPN for a short period of time or you may need to be on it for a longer length of time.

If you need TPN at home the Homecare Companies that the Hospital works closely with will provide trained nurses to connect the TPN.

We work closely with the Homecare Companies who provide TPN. There are two main companies (Calea and Lloyds) who have specially trained nurses that come to your home to connect and disconnect you from the TPN.

If I need to go home on TPN, will I be followed up?

Yes, you will be sent an appointment to come into Royal Preston Hospital a few weeks after discharge to be seen in our Nutrition MDT (Multi-Disciplinary Team) so we can continue to monitor your progress and assess your medical condition. The MDT will consist of a Gastroenterology Consultant, Lead Dietitian, and a Nutrition Specialist Nurse.

Contact details

Should you require further advice or information please contact the Nutrition Rapid Access Team:

Office: Mon to Fri 8.30am – 4.30pm

01772 523057

Weekends and Bank Holidays:

07985436325

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپیا یں یبھ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

Department: Integrated Nutrition & Communication Service

Division: Surgery

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