

Information for patients and carers

Total Parenteral Nutrition (TPN)

Three horizontal, wavy bands of blue color at the bottom of the page, with the top band being a lighter shade of blue and the bottom band being a darker shade.

What is Total Parenteral Nutrition (TPN)?

Total Parenteral Nutrition is an artificial formulation which provides your body with the nutrients, carbohydrates, fats, protein, vitamins and minerals that your body needs when you are normally unable to eat/drink enough to maintain your own nutrition and hydration, or when you are not able to absorb all the nutrients that it requires from food and drink alone.

Why do I need TPN?

You may need TPN if:

- You are unable to eat and drink enough nutrients
- Your body is not able to absorb enough nutrients from what you are eating and drinking
- Your gastrointestinal (GI) tract is not functioning correctly due to recent gut surgery or intestinal failure (short gut) syndrome
- You require it for a short time after surgery as fuel to aid recovery

You may need it if you are unable to eat and drink enough nutrients.

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.

Or you may just require it for a short time after surgery to give you fuel to aid recovery.

How will I receive TPN, and for how long?

TPN will be given to you intravenously in a liquid form, this is given 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 which will be placed into one of your arms or a Tunnelled Line which will be in your chest – your nutrition team will discuss this with you.

The length of time will depend on your medical conditions; it may be needed on a short-term or a long-term basis.

People stop TPN when they are in hospital. However, a small number of patients may need to go home with it, if this is the case then it will be discussed with you.

Will I be attached to the TPN and central venous catheter all day?

The initial TPN infusion will be continuous over 24 hours.

Once you are stable, we can reduce this gradually to 12 hours overnight if deemed appropriate. The central venous catheter will remain in place at all times.

Can I still eat and drink whilst on TPN?

Everyone is different and this will depend on your circumstances. Your medical team and nutrition team will discuss this with you.

Who will look after my care whilst I am on TPN?

Your medical team will look after you. The nutrition team will determine the TPN dosage and requirements.

Who are the nutrition team?

The nutrition team consists of a team of nurses, dieticians, pharmacists who are also supported by a consultant gastroenterologist.

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 but this is monitored closely by regularly checking your blood results.

There is also a risk of central line infection, but this is minimised by having only correctly trained nursing staff accessing your line as this is a sterile procedure, to reduce the risk of infection and in line with Trust policy and procedures.

If I need to go home on TPN who will manage my TPN?

If you do need to go home on TPN, the hospital works closely with a range of homecare companies that will provide all the equipment needed to support you at home and will arrange deliveries to your home environment.

We do where appropriate expect patients or their carers to become trained to become independent with the care of their line and TPN.

The training can be commenced whilst in hospital or this will be provided for you by the home care company when you are discharged.

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

Yes, you will be sent an appointment to be reviewed at the Royal Preston Hospital outpatient department following your discharge from hospital. You will be seen by the Nutrition MDT (Multi-Disciplinary Team). This MDT consists of a gastroenterology consultant, dietitian, and a nutrition specialist nurse.

Contact details

Should you require further advice or information please contact:

The nutrition secretaries-Monday to Friday 8am-4pm on telephone number: **01772 523057**.

Or at the weekend or bank holiday on telephone number: **07985436325**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolve@LTHTR.nhs.uk

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