

Home parenteral nutrition (HPN) and intravenous fluid advice

This leaflet aims to help patients, relatives and carers, in the event there is a problem relating to your parenteral nutrition or home intravenous fluids. **It is vital that you inform someone if you are having difficulties.**

- For pump problems, contact your homecare provider helpline or homecare nurse.
- For all other problems, please contact the Nutrition Support Team during office hours Monday to Friday 9am to 5pm.
- For nursing issues related to your parenteral nutrition (HPN) outside of these hours, please contact your home care company's free phone number and a nurse will call you back (*please see end of this leaflet for contact details*).

If you have taken advice from, or are unable to contact, the relevant team and have on-going concerns, please attend your nearest Emergency Department (A&E). If you attend A&E, please take your last clinic letter or prescription with you, wherever possible.

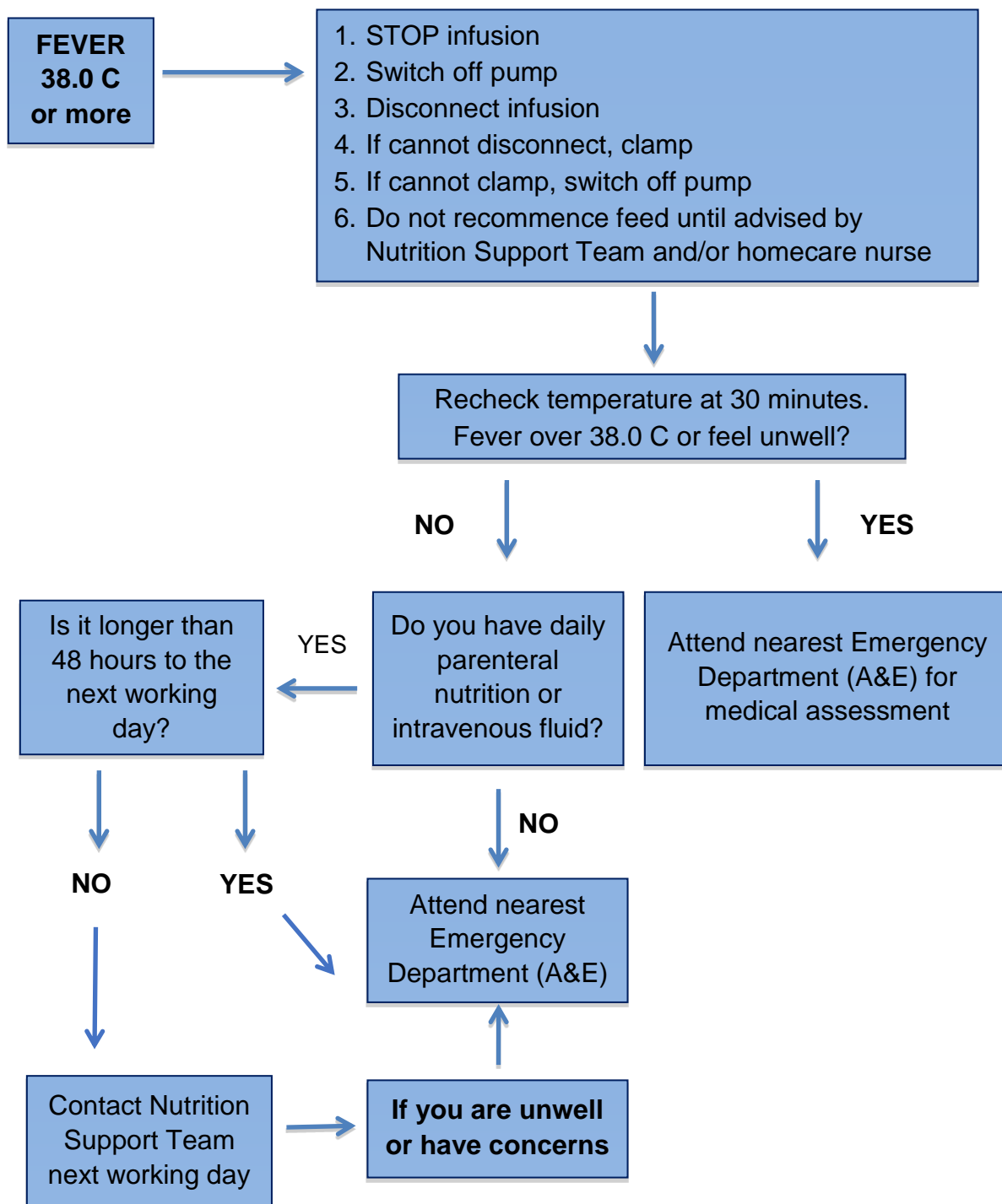
Managing complications whilst on HPN or intravenous fluids

The following flowcharts provide a guide to managing complications that you may experience whilst using home parenteral nutrition or intravenous fluids. These complications include:

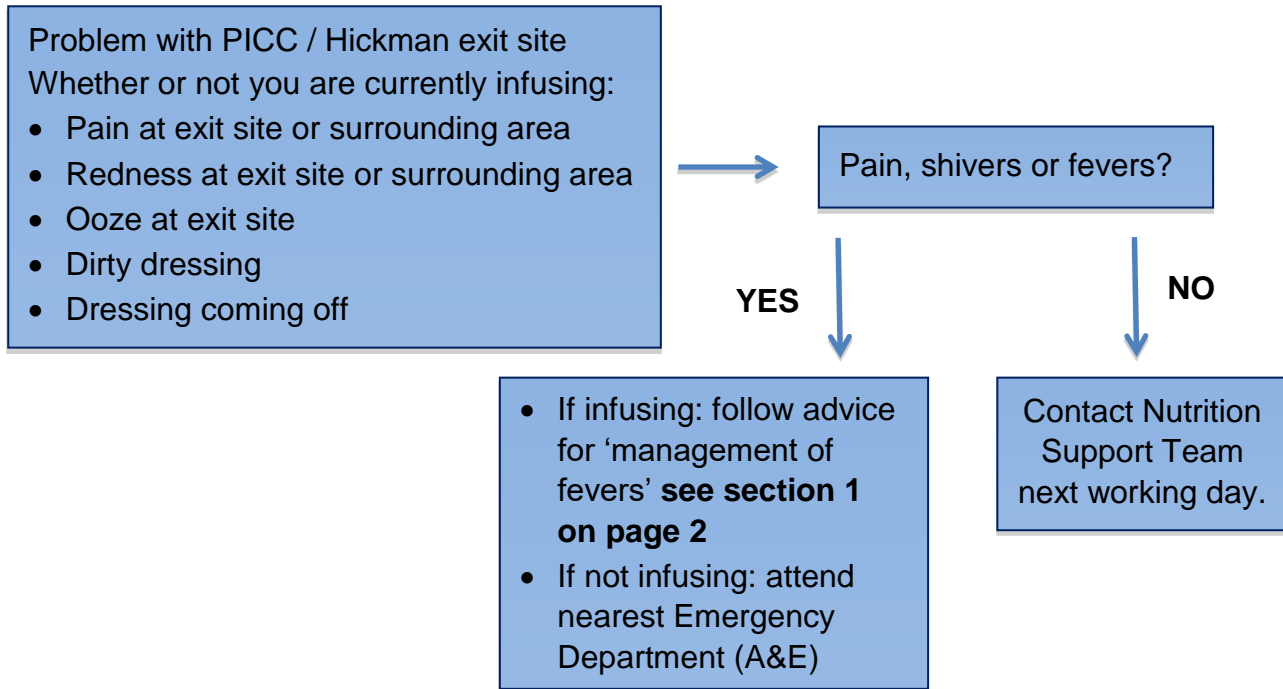
- Fever
- Problems with PICC or Central Venous Access Device (CVAD) line exit sites
- Suspected broken PICC or CVAD line
- Slow or blocked line
- Missed feeds
- Swollen ankles and/or weight increase
- Any other symptoms

If, at any stage, you are uncertain of which steps to take, then please contact your healthcare team on the numbers at the end of this leaflet, or attend your nearest Emergency Department (A&E).

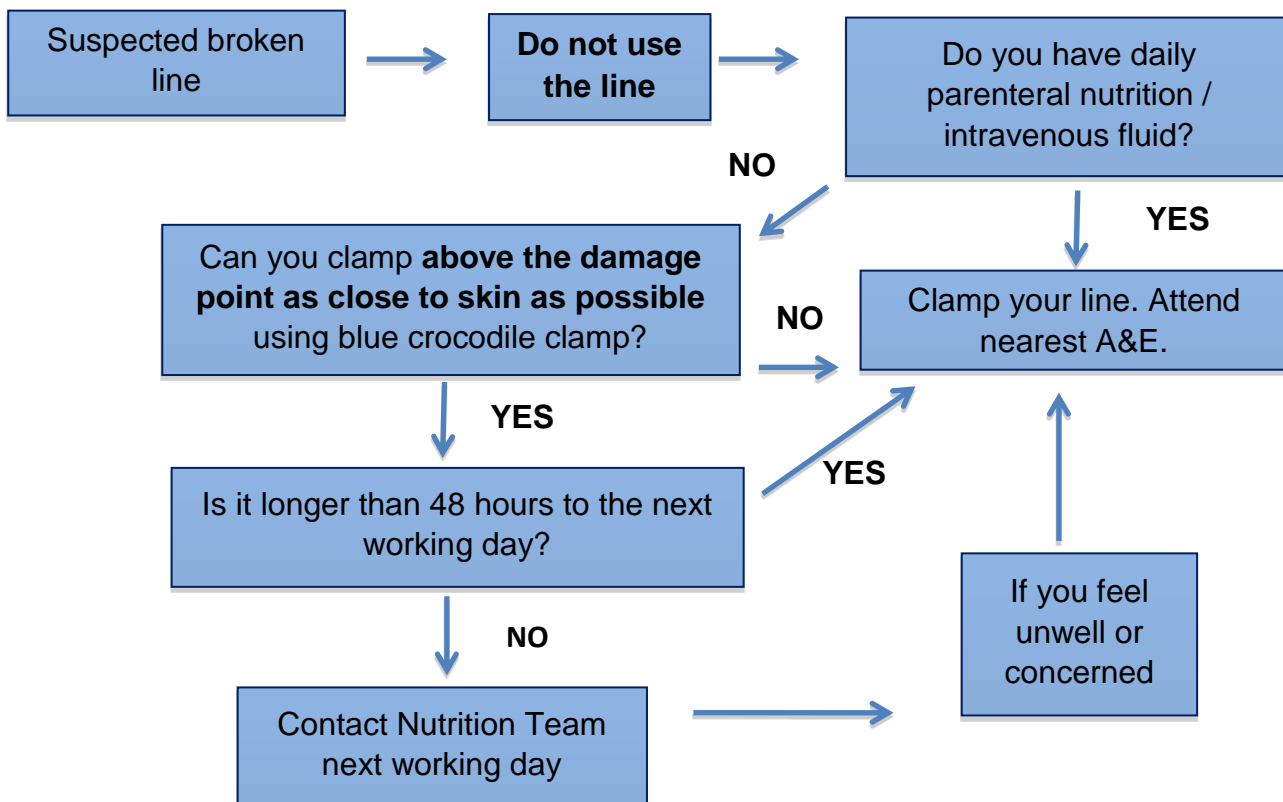
1. Management of fever:



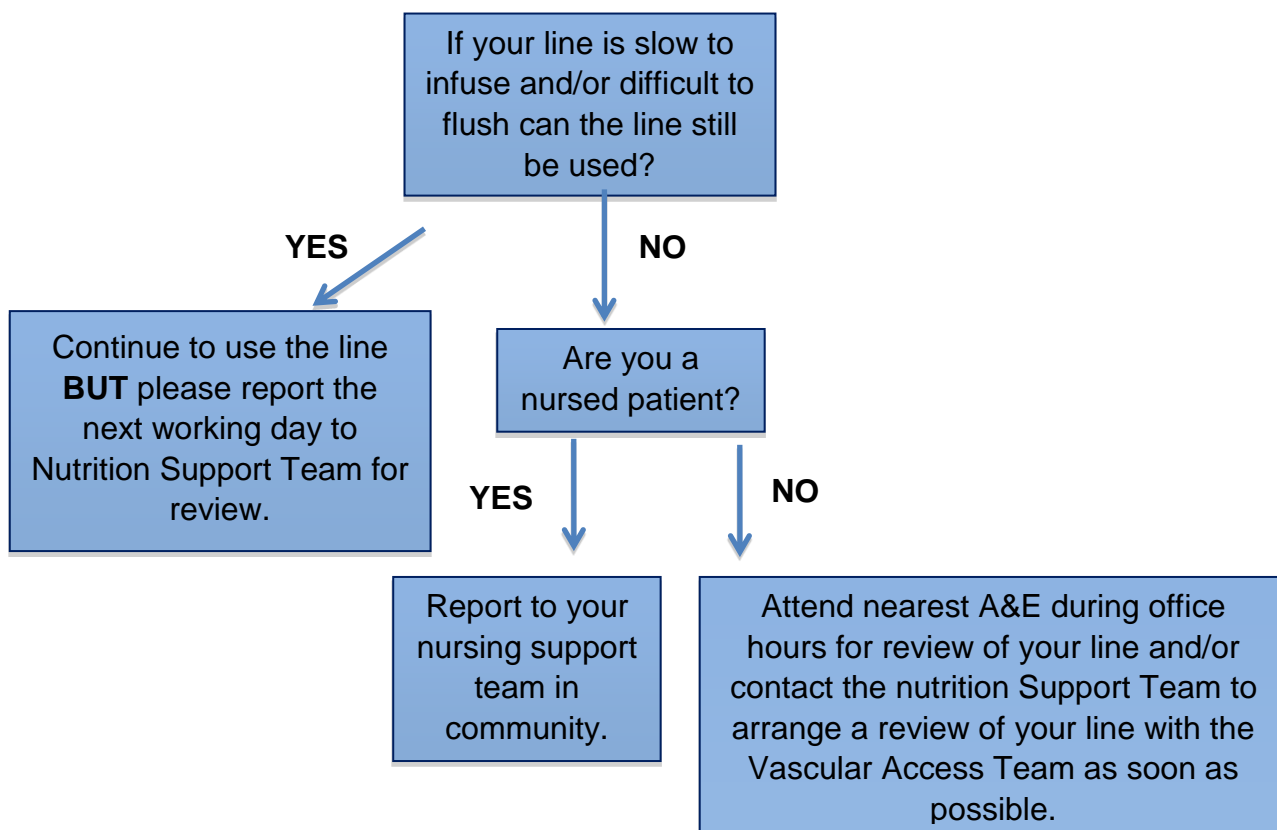
2. Problems with PICC or Central Venous Access Device (CVAD) exit sites:



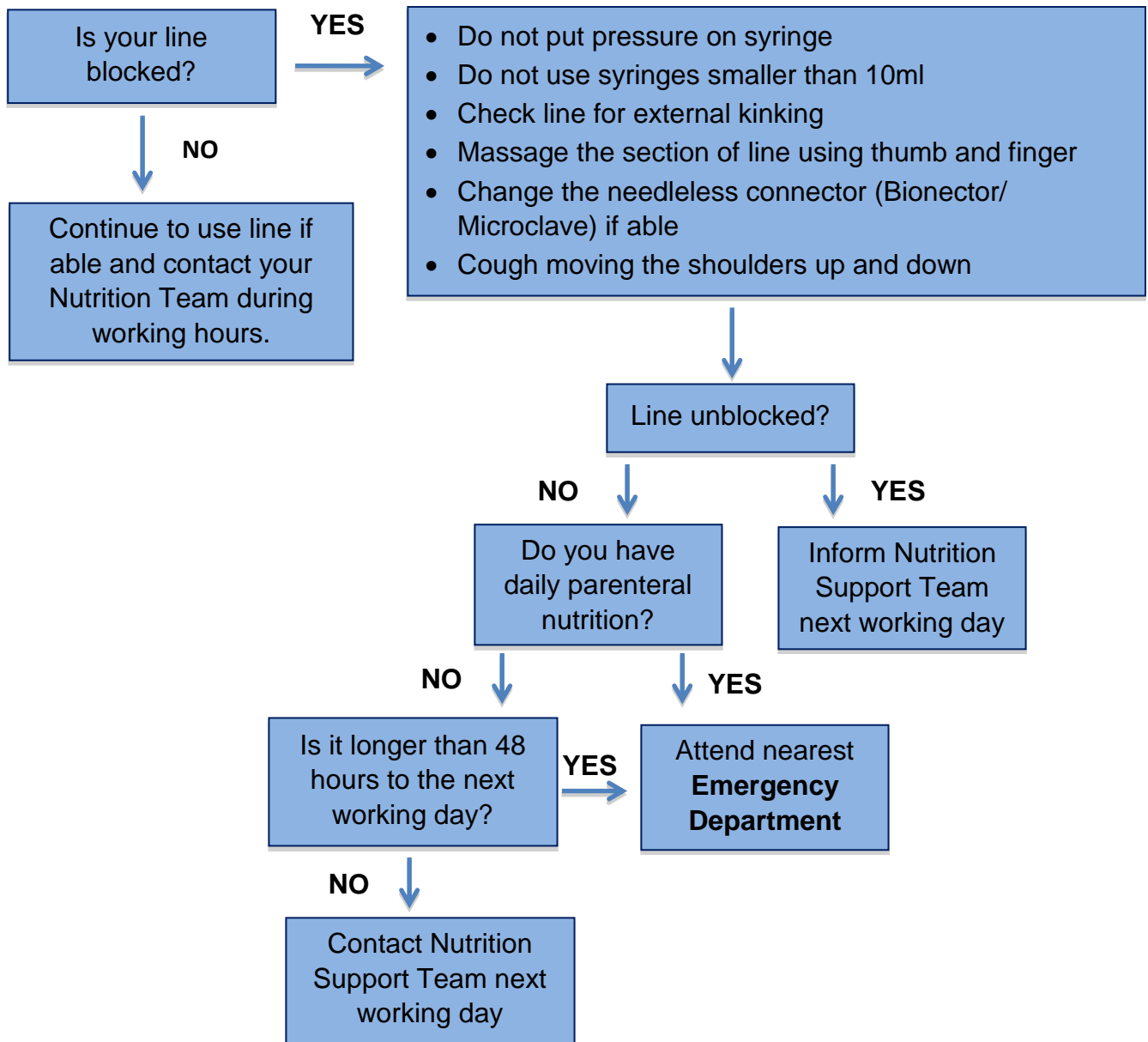
3. Suspected broken PICC or CVAD line:



4. Slow line:



5. Blocked line:



6. Missed feed:

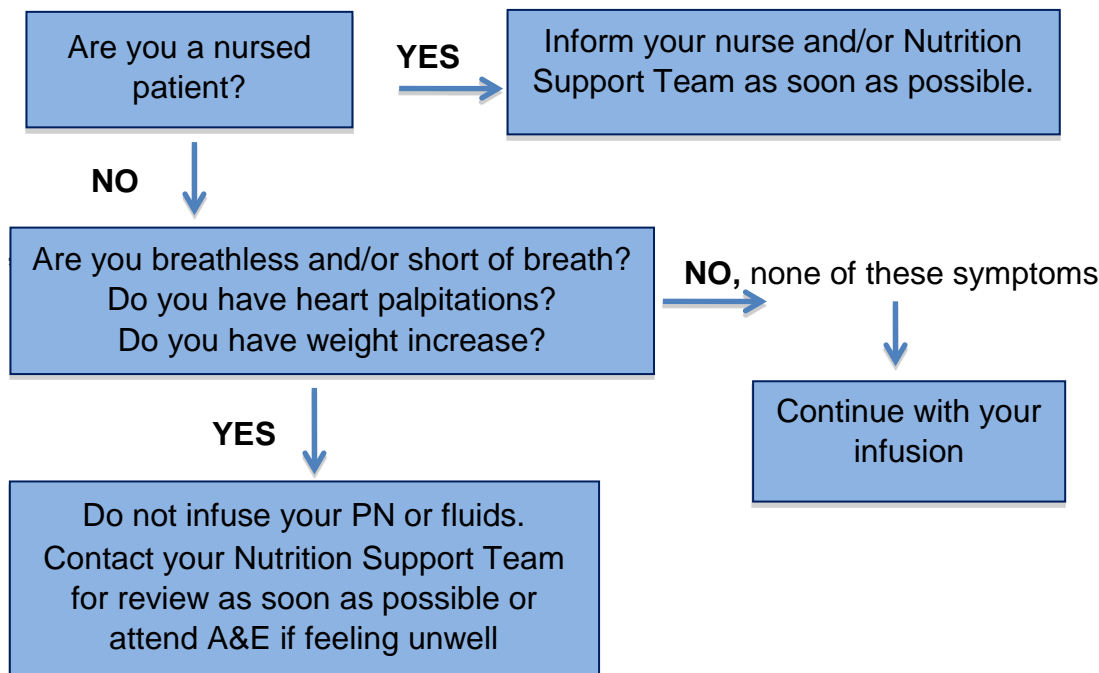
There are many reasons why you may miss a feed such as:

- No nurse available (if you are nursed), e.g. the nurse is off sick.
- Adverse weather conditions, e.g. the nurse or driver may be unable to deliver your PN or fluids due to wind or snow.
- Burst PN or fluid bag.
- You are feeling unwell.
- You do not have enough equipment to connect or disconnect your PN and you have run out of supplies.
- Exceptional family commitments, e.g. wedding, birthday, special occasion etc.

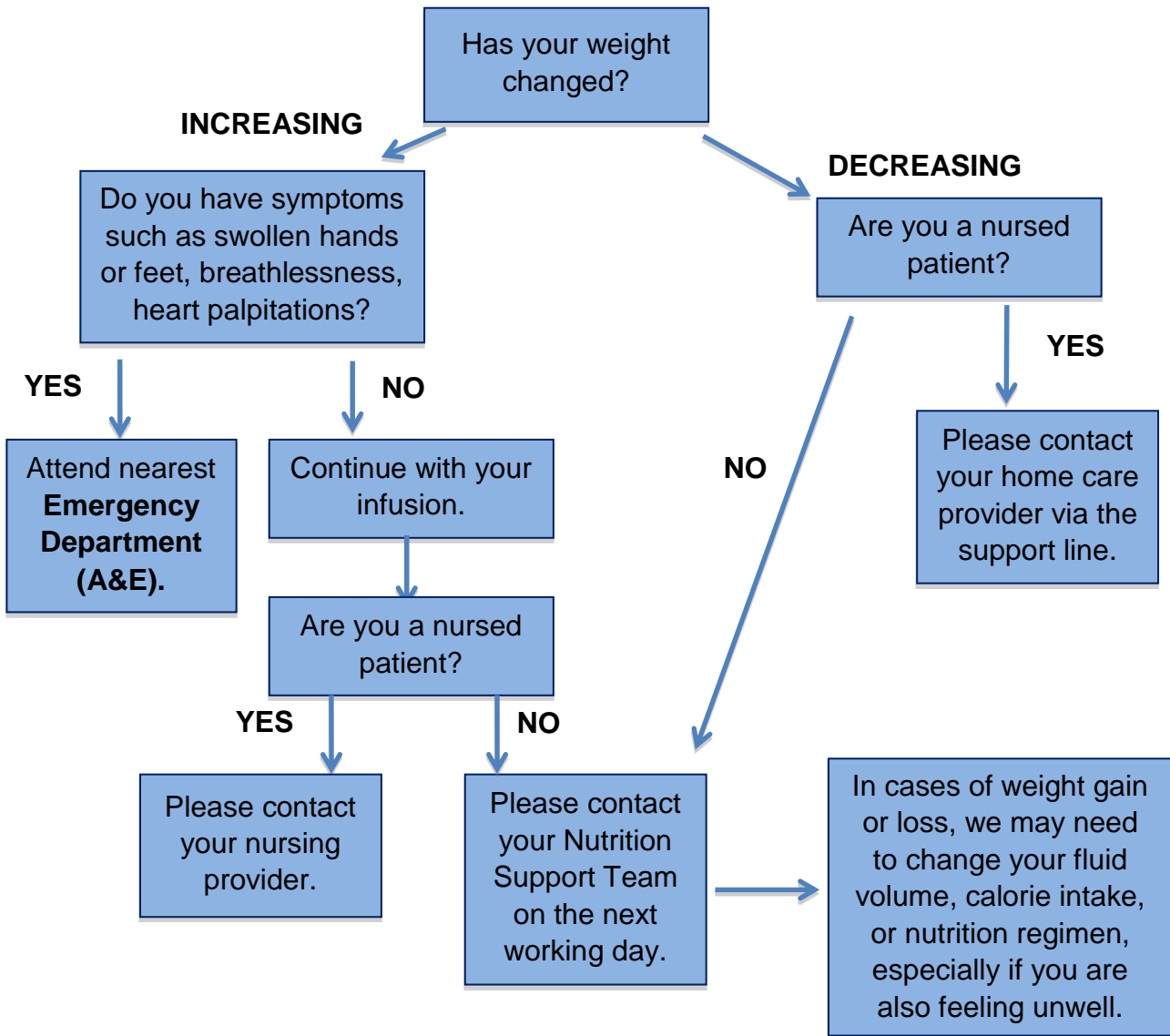
What action should you take?

- If you are a nursed patient, please contact your home care company as soon as possible via the help line, or alternatively contact the Nutrition Support Team during working hours. It may be possible to arrange another nurse visit where needed.
- If you are a non-nursed patient, either you could change your feeding night to another night (if you do not feed every day) or you could administer intravenous fluids instead. Please ensure you have spoken to your home care team or Nutrition Support Team, who may advise extra fluid to make up for what you have not received on another day.
- If you cannot go without your feed (dependent on PN or fluid 7 days a week) please attend your local A&E. Alternatively, contact your Nutrition Team if during office hours.

7. Swollen ankles and/or weight increase:

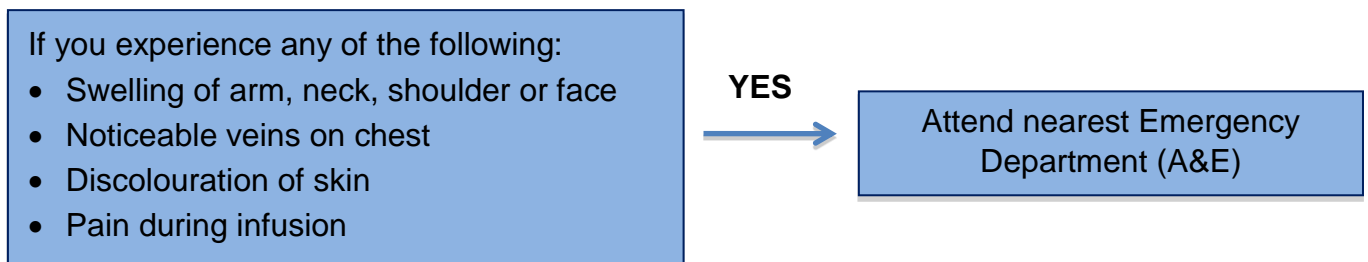


8. Weight increase or decrease:



If you are feeling unwell with your weight loss, we may need to review your nutrition regimen and increase your calories.

9. Other symptoms:



Who to contact if you are still worried

This advice is only a guide to managing common problems associated with using parenteral nutrition and intravenous fluids at home. If you have symptoms that are not covered in this leaflet and you are concerned, then it is important that you inform someone using the contact details provided.

Contact information

Nutrition Support team Monday to Friday 8am-4pm:

Mobile: 07748 631985

Email: RBFT.nutritionsupport@nhs.net

Outside the hours above, including weekends and bank holidays:

Sidmouth Ward 0118 322 7468 / 7467

For pump problems and nursing queries, please contact your homecare company:

Calea 0800 1218300

Lloyds Homecare 0845 7573100

Baxter 0800 0324894

B. Braun 0800 8405503

Further information

Patients on Intravenous and Nasogastric Nutrition Therapy (PINNT) – www.pint.com

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Author: Jo Wakeling / Nutrition Support Team

Reviewed by Hannah Brownsell: January 2023

Next review due: January 2025