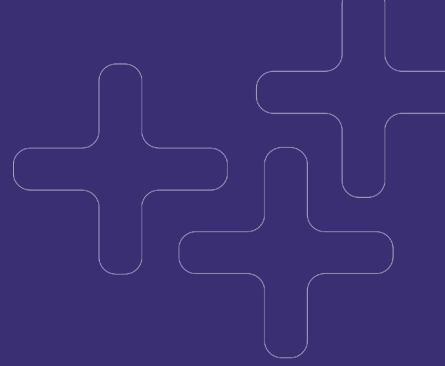


Parenteral Nutrition Therapy (PN)



This information is not intended to be a substitute for professional advice. As such, please follow recommendations from your doctor, dietitian, nurse or pharmacist.

Overview

Based on your diagnosis, your healthcare provider has ordered intravenous nutrition support to meet your nutrition needs. This is known as parenteral nutrition (PN) and is administered through an intravenous (IV) catheter placed in a large vein. Nutrients and fluids can be delivered through the catheter directly into your bloodstream. **To achieve the best results from your therapy, it is important that you infuse your PN as prescribed by your healthcare provider.** Contact your health provider and/or Option Care Health pharmacist if you notice any fever, chills, lack of energy, nausea, heart palpitations / rapid heart rate, dizziness, excessive sweating, decreased urine output or any other unusual symptoms, or have questions/concerns regarding these instructions.

Preparing and administering PN

To help prevent infection, wash your hands thoroughly every time you use your IV line or give yourself PN. Frequent hand washing helps keep bacteria and germs from entering your catheter, PN and supplies.

Remove your PN bag from the refrigerator 2-4 hours before administration to allow it to warm to room temperature. **NEVER** speed the warming process by heating or microwaving solutions or leaving your bag near heat or direct sunlight.

Clean your Option Care Health PN Preparation Mat and use it as a guide.

Collect the following supplies:

- Alcohol wipes
- Flush syringes
- Syringe with needle(s)—10 mL and others as needed for additives
- Nutrients, multivitamins or medications (additives) to be added to PN bag
- Tubing with filter
- PN bag
- Infusion pump
- Sharps container and/or trash container

Before use, inspect the PN bag and label. DO NOT INFUSE and call your Option Care Health pharmacy if any of the following are present:

- Incorrect patient name
- PN is beyond the discard date
- Label does not match your current prescription
- Bag contains floating particles, is cloudy, separated, discolored, or is leaking

Adding vitamins to the PN bag

1. Wash your hands again before starting.
2. Place the bag on a clean, flat surface using your PN Preparation Mat as a guide.
3. If your PN bag has a cover over the injection port, remove it. Scrub the end of the port with an alcohol wipe for at least **15 SECONDS** and allow to air dry. **DO NOT** let the port touch other surfaces once cleaned with alcohol.
4. Remove the protective caps from the 2 vitamin vials. Scrub the rubber stoppers of the vials with an alcohol wipe for **15 SECONDS** and allow to air dry. (Fig. 1)
5. Remove the syringe from its wrapper. Your syringe may or may not have a needle attached. If it does, twist the needle gently to tighten it. If the syringe does not have a needle attached, remove the needle from its wrapper, attach the needle to the syringe, and twist gently.



Fig. 1

Adding vitamins to the PN bag (continued)

6. Slowly pull back the plunger of the syringe to the 2 mL to 3 mL mark.
7. Insert the syringe needle straight into the rubber stopper of the first vitamin vial and carefully inject 2-3 mL of air into the vial. Add a little air at a time. **DO NOT** force the air in all at once. (Fig. 2)
8. Turn the vitamin vial upside down. Adjust the needle so the tip is in the fluid. Slowly withdraw all contents into the syringe, drawing a little at a time. Be careful not to touch the needle to avoid contamination or an accidental needle poke. Repeat with the second vitamin vial, using the same syringe. (Fig. 3)
9. Once the 2 vials of vitamins are drawn up into the syringe, carefully insert the needle straight into the PN bag's injection port to avoid puncturing the bag. If the injection port comes into contact with anything after you have cleaned it with alcohol, you will need to clean again and allow to air dry. If any part of the needle touches something other than the surface of the vial, discard that syringe, needle, and dose of vitamin and notify your pharmacist for replacement. With your thumb on the plunger, slowly inject the vitamins into the injection port of the PN bag as instructed by your nurse. (Fig. 4)
10. **DO NOT** recap syringe needles. Dispose of all used syringes and needles in the sharps container provided.
11. Gently massage the PN bag to evenly mix the vitamins into the solution.
12. Vitamins are a vital component of the PN prescription and should be added to every bag unless otherwise instructed.
13. If your order has any other additives, follow the same directions to add them to the PN bag.



Fig. 2

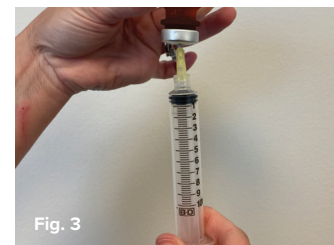


Fig. 3

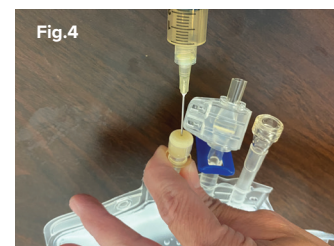


Fig. 4

Starting the infusion

- 1 Remove the tubing with filter from its package and close the tubing clamp. Remove covers from both the spikes of the PN bag port and tubing. **DO NOT** let either of the spikes touch anything once the covers are removed. This will help prevent an infection.
- 2 While gripping the outside of the PN spike port with one hand, push and twist the end of tubing spike into the bag port with your other hand. (Fig. 5)
- 3 Your nurse will teach you how to connect your PN to the pump, prime the tubing, and verify the pump settings (the pump is pre-programmed for you). You **MUST** prime the tubing before starting therapy. (Fig. 6)
- 4 Scrub the end of your needleless injection cap at the end of your IV catheter with an alcohol wipe for at least **15 SECONDS** and allow to air dry. Remove the protective cap from the end of the PN bag tubing and attach to the needleless injection site cap on the end of your catheter. Open all the clamps on your catheter and IV tubing. You are now ready to start your pump as instructed. (Fig. 7)
- 5 Hang your PN bag on the IV pole or place in the pump backpack to move around during your therapy. Your pump's alarm should alert you once the infusion is completed.

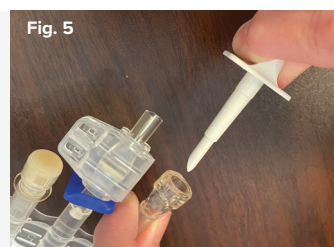


Fig. 5



Fig. 6



Fig. 7

Your Option Care Health team is available on call 24/7/365 to assist you.



Scan the QR code to view video instructions and additional educational resources or visit optioncarehealth.com/education



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