Intradialytic parenteral nutrition

This guide is for people having intradialytic parenteral nutrition (IDPN) in hospital. It answers some common questions you might have about IDPN.

Why is nutrition important for me?

Haemodialysis uses a machine to clean your blood. During this treatment, your body needs more nutrients. Nutrients include proteins, fats and carbohydrates. They give your body energy (kilojoules/calories). Having a poor appetite can make it hard to eat enough food and nutrients. This can lead to weight loss and make you feel tired and weak.

What is IDPN?

Parenteral nutrition is a fluid made up of energy and nutrients that usually comes from food. IDPN is nutrition given straight into your blood during dialysis. It should not make your dialysis sessions longer. IDPN helps improve your nutrition to make you feel better.

How do I know if I need IDPN?

Your dietitian and kidney doctor will ask about what you are eating and drinking. If you can't get enough nutrients from food, they may recommend IDPN. IDPN can give you the same nutrition as one oral supplement drink per day.

Can I still eat my usual foods?

It is important to continue to eat regular meals and snacks. IDPN cannot give your body all the nutrients it needs. It adds to what you are eating to help meet your nutrition goals.

What will my dietitian track to see if IDPN is helping me?

- What you are eating and if you are meeting your nutrition goals.
- If you are feeling better or have more energy.
- Your blood test results.
- Your body weight.

What are the potential complications?

During IDPN treatments, you may experience:

- nausea, vomiting or discomfort
- low blood pressure
- high or low blood sugar
- breathing difficulties
- changes in heart rate (rare)

⚠ Tell your nurse if you have any of these symptoms.

WHAT CAN I DO?

Eating a snack immediately after IDPN helps prevent low blood sugar. If this happens, try:



Yoghurt tub


Sandwich


Cheese and crackers



Nutritional drink

Your nurse will let you know if you need to eat this snack. Ask your dialysis unit if they provide this, or if you need to bring a snack from home.

How long will I need IDPN for?

Everyone is different, but most people need IDPN for at least 3 months. Your dietitian and kidney doctor will decide with you if you should continue IDPN.

What if I want to stop?

You can stop IDPN at any time if you want to. Tell your dialysis nurse of your decision. They may ask your dietitian and kidney doctor to discuss your nutrition plan with you.

Take home messages

- IDPN gives you extra nutrients during dialysis. Equal to one nutritional drink each day.
- IDPN does not replace your usual meals or snacks.
- Tell your dialysis nurse, dietitian, or kidney doctor if you have any concerns.

For more information, talk to your dietitian: _____

Got a moment? We would love to hear your thoughts. Email us or scan the QR code below.

Feedback

Want more info?

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