

Parenteral Glutamine Supplementation in TPN Patients

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The following guideline is for use by medical staff caring for the patient, members of the Nutrition Support Team and registered dietitians. It applies to adult hospital based patients receiving parenteral nutrition (TPN).

Parenteral glutamine has been shown to improve outcome and reduce length of stay in intensive care patients. On the basis of current evidence, glutamine in the form of dipeptiven will be added to Total Parenteral Nutrition (TPN) solutions for patients initiated parenteral nutrition on the Intensive Care Unit or High Dependency Unit and in those patients who are under severe metabolic stress on general medical and surgical wards.

Dose of Glutamine

Weight of patient (kg)	Volume of Dipeptiven
Less than 40	100 ml
40 – 60	150 ml
Greater than 60	200 ml

The dose that can actually be given will depend on the TPN being used eg maximum 150ml for Structokabiven 8 and maximum 200ml for Structokabiven 12.

Duration

Glutamine will be prescribed for at least one week (whilst on TPN) and reviewed at weekly duration thereafter. Patients transferred to other wards will be maintained on glutamine based TPN for at least one week after initiation of TPN.

Contraindications

Dipeptiven is contraindicated in patients with unmanaged severe renal failure and patients with severe liver failure. Glutamine is also contraindicated in patients with some inborn errors of metabolism e.g. phenylketonuria.