

Nutrineal – A Nutritious Dialysis Solution

What is Nutrineal?

Nutrineal is a dialysis solution that can be prescribed for people on peritoneal dialysis. It is used to:

- remove waste products during dialysis
- improve poor nutritional status

Nutrineal does not contain sugar like your regular dialysis solution. It is still able to remove fluid just like a 1.5% sugar containing dialysis solution.

Nutrineal contains amino acids that are used as the building blocks for making protein. Your body absorbs these building blocks during a 6-hour dwell or hold.

One bag of Nutrineal meets about 25% of your protein needs every day.

When is Nutrineal used?

Nutrineal is used when:

- you are at risk for poor nutrition
- you are not able to eat all the food prescribed on your meal plan
- your albumin is low
- you are losing weight
- you are not able to take nutrition supplements in large enough amounts to help you

How is Nutrineal used?

Nutrineal can be used to replace 1 out of every 4 or 5 regular dialysis solution bags every day. For example:

- **If you are on CAPD:** This may mean you would use Nutrineal for the morning exchange **or** for the evening exchange.
- **If you are on a cyclor:**
 - if your largest meal is breakfast or lunch you would use Nutrineal as the last fill when you come off the cyclor in the morning
 - if your largest meal is at suppertime, Nutrineal is given as a twin bag in the afternoon exchange

Some helpful hints:

- For the best results, you hold Nutrineal for 6 hours. Research has shown that holding for 4 hours is not long enough to absorb the building blocks for making protein.
- You should not hold Nutrineal for more than 6 hours as you may reabsorb the fluid removed.
- Store Nutrineal at room temperature in a dark place.
- Use Nutrineal at body temperature. You can heat it up using a heating pad.

How does Nutrineal work best?

- Nutrineal works best when you eat a good meal while you hold the solution. The meal should have 400 to 500 calories. Your body needs these calories to use the building blocks to make protein.
- If you are not able to eat a good meal when holding Nutrineal, the building blocks will be used for calories and not for protein.

How does Nutrineal affect people with diabetes?

People with diabetes who use insulin may need to adjust the insulin dose. This is because Nutrineal does not have any sugar in it.

How do I know Nutrineal is helping me?

The dietitian, nurses and doctor will check your bloodwork on a regular basis. Your blood is tested for urea, electrolytes and albumin as these can be effected by Nutrineal. Members of the health care team will call you to make changes when needed.

If you have diabetes, the diabetes nurse educator will meet with you to adjust your medication if needed.

What are some things I should watch for when taking Nutrineal?

If you have any of these effects, contact a member of your health care team:

- poor appetite, not able to eat, anorexia
- nausea and/or vomiting
- increased blood pressure
- shortness of breath
- swelling of feet, ankles, and/or legs

How long will I be on Nutrineal?

You will be on Nutrineal for a minimum of 3 months or until:

- the cause of poor nutrition is corrected – for example, some people need to dialyze more
- your appetite improves and you are able to eat all food from your meal plan
- your albumin, potassium and urea in your blood are normal
- you gain real muscle and fat weight