Neonatal parenteral nutrition for term babies, up to 28 days after their birth

For newborn term babies start NPN in
• Babies who are unlikely to establish sufficient enteral feeding, for example, babies with a congenital gut disorder or critical illness such as sepsis

For term babies who have previously established some enteral feeds start NPN in
• Babies whose enteral feeds have to be stopped and it is unlikely they will be restarted within 72 hours
• Babies whose enteral feeds have been stopped for >48 hours and there is unlikely to be sufficient progress with enteral feeding within a further 48 hours.

When a term baby meets the indications for parenteral nutrition, start it as soon as possible, and within 8 hours at the latest.

Venous access
• Use a central venous catheter to give neonatal parenteral nutrition. Only consider using peripheral venous access to give neonatal parenteral nutrition if:
  ▪ it would avoid a delay in starting parenteral nutrition
  ▪ short-term use of peripheral venous access is anticipated, for example, less than 5 days
  ▪ it would avoid interruptions in giving parenteral nutrition
  ▪ central venous access is impractical.

• Only consider surgical insertion of a central venous catheter if:
  ▪ non-surgical insertion is not possible
  ▪ long-term parenteral nutrition is anticipated, for example, in short bowel syndrome.

Protection from light
• Protect the bags, syringes and infusion sets of both aqueous and lipid parenteral nutrition solutions from light.

Standardised bags
• When starting neonatal parenteral nutrition for term babies, use a standardised parenteral nutrition formulation (‘standardised bag’).
• Continue with a standardised bag unless an individualised parenteral nutrition formulation is indicated, for example, if the baby has:
  ▪ complex disorders associated with a fluid and electrolyte imbalance
  ▪ renal failure.
• Standardised neonatal parenteral nutrition (‘standardised bags’) should be formulated in concentrated solutions to help ensure that the nutritive element of intravenous fluids is included within the total fluid allowance.

For preterm babies, see algorithm on NPN for preterm babies up to 28 days after their due birth date
Neonatal parenteral nutrition for term babies, up to 28 days after their birth

Amounts for constituents of neonatal parenteral nutrition

<table>
<thead>
<tr>
<th></th>
<th>If starting NPN in the first 4 days after birth</th>
<th>If starting NPN more than 4 days after birth</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>If starting NPN in the first 48 hours after birth</td>
<td>If starting NPN more than 48 hours after birth</td>
</tr>
<tr>
<td>Energy</td>
<td>40-60 kcal/kg/day</td>
<td>75-120 kcal/kg/day</td>
</tr>
<tr>
<td>Glucose</td>
<td>6-9 g/kg/day</td>
<td>9-16 g/kg/day</td>
</tr>
<tr>
<td>Amino acids</td>
<td>1-2 g/kg/day</td>
<td>2.5-3 g/kg/day</td>
</tr>
<tr>
<td>Lipids</td>
<td>1-2 g/kg/day</td>
<td>3-4 g/kg/day</td>
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</tbody>
</table>

Other constituents of neonatal parenteral nutrition – general principles

Iron • Do not give intravenous parenteral iron supplements to term babies <28 days old.

Vitamins • Give daily fat-soluble and water-soluble vitamins (in the intravenous lipid emulsion) from the outset or as soon as possible after starting parenteral nutrition.

Electrolytes • Give sodium and potassium in parenteral nutrition to maintain standard daily requirements.

Magnesium • Give magnesium in parenteral nutrition from the outset or as soon as possible after starting parenteral nutrition.

Trace elements • Give daily trace elements from the outset or as soon as possible after starting parenteral nutrition.

Lipid emulsions • For term babies with parenteral nutrition-associated liver disease, consider giving a composite lipid emulsion rather than a pure soy lipid emulsion.

Phosphate • Give higher dosage if indicated by serum phosphate monitoring.

Energy • For term babies who are critically ill or have just had surgery, consider giving parenteral energy at the lower end of the starting range.

Ratios of non-nitrogen energy to nitrogen, and carbohydrates to lipids

- Use a non-nitrogen energy to nitrogen ratio range of 20 to 30 kcal of non-nitrogen energy per gram of amino acids (this equates to 30 to 40 kcal of total energy per gram of amino acid)
- Provide non-nitrogen energy as 60% to 75% carbohydrates and 25% to 40% lipid.

For preterm babies, see algorithm on NPN for preterm babies up to 28 days after their due birth date.
General principles for monitoring NPN

- When taking blood samples to monitor neonatal parenteral nutrition:
  - collect the minimum blood volume needed for the tests, and liaise with the local clinical laboratory to retrieve as much information as possible from the sample
  - coordinate the timing of blood tests to minimise the number of blood samples needed.

Minimum blood monitoring requirements

<table>
<thead>
<tr>
<th>Test</th>
<th>Starting</th>
<th>Maintenance</th>
<th>Increased frequency</th>
</tr>
</thead>
</table>
| Glucose               | 1-2 hours after first starting NPN| 1-2 hours after each change of NPN bag (usually 24-48 hours) | • Previous hypoglycaemia or hyperglycaemia  
                           |                                    |                                                                                  | • Dosage has been changed  
                           |                                    |                                                                                  | • Clinical reasons for concern, for example, sepsis or seizures |
| Blood pH, potassium,  | Daily when starting and increasing NPN | Twice weekly after reaching a maintenance NPN | • If levels have been outside normal range  
| chloride, and calcium |                                    |                                    | • Dosages have been changed  
| Serum triglycerides   | Daily while increasing lipids     | Weekly after reaching maintenance lipid dosage | • Clinical reasons for concern, for example, critically ill babies |
| Serum or plasma       | Daily while increasing phosphate  | Weekly after reaching maintenance phosphate dosage | • If level has been outside normal range  
| phosphate             |                                    |                                    | • Clinical reasons for concern, for example, critically ill babies or babies with a lipaemic blood sample |
| Liver function        | Weekly                            |                                    | • If levels have been outside the normal range  
                           |                                    |                                    | • Clinical concerns |

Factors to take into account when deciding when to stop parenteral nutrition

- Tolerance of enteral feeds
- Nutrition being delivered by enteral feeds (volume and composition)
- Relative contribution of parenteral nutrition and enteral nutrition to baby’s total nutritional requirement
- Likely benefit of nutritional intake compared with risk of venous catheter sepsis
- Individual baby’s circumstances, for example, a baby with complex needs such as short bowel syndrome, increased stoma losses or slow growth, may need long-term parenteral nutrition.

Depending on the factors above, consider stopping parenteral nutrition within 24 hours once the enteral feed volume tolerated is 120 to 140 ml/kg/day

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