

# Glutamine (N2-L-alanyl-L-glutamine) Intravenous for Adults

## Who can administer

May be administered by registered competent doctor or nurse/midwife

## Important information

- Administer under direction of dietician only
- Review use once patient leaves ICU (ask for dietician review)

## Available preparations

Dipeptiven 13.46g L-glutamine per 100mL

## Reconstitution

Already in solution

## Infusion fluids

The manufacturers recommend the addition of Dipeptiven to TPN.

However, we cannot recommend that this type of addition be made until there is a dedicated pharmacy service which can perform these additions in a sterile environment using trained personnel.

The alternative forms of administration are given below (diluted via a peripheral line, or undiluted via a central line)

## Methods of intravenous administration

**Intermittent intravenous infusion (administer using an electronically controlled infusion device)**

### Central line

- Can be administered undiluted
- Administer over at least four hours- but rate is determined by the dietician

### Peripheral line

- Usually diluted with Sodium Chloride 0.9% (can also use Glucose 5%)
- For example, 100mL can be diluted with at least 100mL of infusion fluid (typically added to 250mL)
- Administer over at least four hours- but rate is determined by the dietician

## Dose in adults

### Usual dose

- Give 1.5 to 2.5mL/kg every twenty-four hours
- This equates to 100 to 175mL daily for a 70kg patient
- Maximum dose is 2.5mL/kg daily

- Rate of administration is determined by the dietician
- Experience with use for longer than nine days is limited, and the duration of treatment should not exceed three weeks

## Monitoring

- Monitor LFT's serum electrolytes, serum osmolarity, water balance, acid-base balance

## Storage

Store below 25<sup>0</sup>C

## References

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## Therapeutic classification

Nutritional supplement