

DIRECTIONS FOR USE

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Nutriflex Lipid peri emulsion for infusion

1. NAME OF THE MEDICINAL PRODUCT

Nutriflex Lipid peri emulsion for infusion

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

The ready-for-use emulsion for intravenous infusion contains after mixing the chamber contents:

from the upper, left-hand chamber				
(glucose solution) in 1000 ml in 1250 ml in 1875 ml in 2500 ml				
Glucose monohydrate	70.4 g	88.0 g	132.0 g	176.0 g
equivalent to glucose	64.0 g	80.0 g	120.0 g	160.0 g
Sodium dihydrogen phosphate dihydrate	0.936 g	1.170 g	1.755 g	2.340 g
Zinc acetate dihydrate	5.28 mg	6.600 mg	9.900 mg	13.200 mg

from the upper, right-hand chamber				
(fat emulsion) in 1000 ml in 1250 ml in 1875 ml in 2500 ml				
Soya-bean oil, refined	20.0 g	25.0 g	37.5 g	50.0 g
Medium-chain triglycerides	20.0 g	25.0 g	37.5 g	50.0 g

from the lower chamber

(amino acid solution) in 1000 ml in 1250 ml in 1875 ml in 2500 ml				
Isoleucine	1.87 g	2.34 g	3.51 g	4.68 g
Leucine	2.50 g	3.13 g	4.70 g	6.26 g
Lysine hydrochloride	2.27 g	2.84 g	4.26 g	5.68 g
equivalent to lysine	1.81 g	2.26 g	3.39 g	4.52 g
Methionine	1.57 g	1.96 g	2.94 g	3.92 g
Phenylalanine	2.81 g	3.51 g	5.27 g	7.02 g
Threonine	1.46 g	1.82 g	2.73 g	3.64 g
Tryptophan	0.46 g	0.57 g	0.86 g	1.14 g
Valine	2.08 g	2.60 g	3.90 g	5.20 g
Arginine	2.16 g	2.70 g	4.05 g	5.40 g
Histidine hydrochloride monohydrate	1.35 g	1.69 g	2.54 g	3.38 g
equivalent to histidine	1.00 g	1.25 g	1.88 g	2.50 g
Alanine	3.88 g	4.85 g	7.28 g	9.70 g
Aspartic acid	1.20 g	1.50 g	2.25 g	3.00 g
Glutamic acid	2.80 g	3.50 g	5.25 g	7.00 g
Glycine	1.32 g	1.65 g	2.48 g	3.30 g
Proline	2.72 g	3.40 g	5.10 g	6.80 g
Serine	2.40 g	3.00 g	4.50 g	6.00 g
Sodium hydroxide	0.640 g	0.800 g	1.200 g	1.600 g
Sodium chloride	0.865 g	1.081 g	1.622 g	2.162 g
Sodium acetate trihydrate	0.435 g	0.544 g	0.816 g	1.088 g
Potassium acetate	2.354 g	2.943 g	4.415 g	5.886 g
Magnesium acetate tetrahydrate	0.515 g	0.644 g	0.966 g	1.288 g
Calcium chloride dihydrate	0.353 g	0.441 g	0.662 g	0.882 g

Electrolytes [mmol] in 1000 ml in 1250 ml in 1875 ml in 2500 ml				
Sodium	40	50	75	100
Potassium	24	30	45	60
Magnesium	2.4	3.0	4.5	6.0
Calcium	2.4	3.0	4.5	6.0
Zinc	0.024	0.03	0.045	0.06
Chloride	38	48	72	96
Acetate	32	40	60	80
Phosphate	6.0	7.5	11.25	15.0

in 1000 ml in 1250 ml in 1875 ml in 2500 ml				
Amino acid content [g]	32	40	60	80
Nitrogen content [g]	4.6	5.7	8.6	11.4
Carbohydrate content [g]	64	80	120	160
Lipid content [g]	40	50	75	100

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Emulsion for infusion

Amino acids and glucose solutions: clear, colourless up to straw-coloured solutions

Fat emulsion: oil-in-water emulsion, milky white

	in 1000 ml	in 1250 ml	in 1875 ml	in 2500 ml
Energy in the form of lipids [kJ (kcal)]	1590 (380)	1990 (475)	2985 (715)	3980 (950)
Energy in the form of carbohydrates [kJ (kcal)]	1075 (255)	1340 (320)	2010 (480)	2680 (640)
Energy in the form of amino acids [kJ (kcal)]	535 (130)	670 (160)	1005 (240)	1340 (320)
Non-protein energy [kJ (kcal)]	2665 (635)	3330 (795)	4995 (1195)	6660 (1590)
Total energy [kJ (kcal)]	3200 (765)	4000 (955)	6000 (1435)	8000 (1910)
Osmolality [mOsm/kg]	950	950	950	950
Theoretical osmolality [mOsm/l]	840	840	840	840
	5.0 - 6.0	5.0 - 6.0	5.0 - 6.0	5.0 - 6.0

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

Supply of energy, essential fatty acids, amino acids, electrolytes and fluids for parenteral nutrition of patients in states of mild to moderately severe catabolism when oral or enteral nutrition is impossible, insufficient or contraindicated.

Nutriflex Lipid peri is indicated in adults, adolescents and children older than two years.

4.2 Posology and method of administration

Posology

The dosage should be adapted to the patients' individual requirements. It is recommended that Nutriflex Lipid peri be administered continuously. A stepwise increase of the infusion rate over the first 30 minutes up to the desired infusion rate avoids possible complications.

Adolescents from 14 years of age and adults

The maximum daily dose amounts to 40 ml/kg body weight, corresponding to:

1.28 g amino acids /kg body weight per day
2.56 g glucose /kg body weight per day
1.6 g lipid /kg body weight per day.

The maximum rate of infusion is 2.5 ml/kg body weight per hour, corresponding to:

0.08 g amino acids /kg body weight per hour
0.16 g glucose /kg body weight per hour
0.1 g lipid /kg body weight per hour.

For a patient weighing 70 kg this corresponds to a maximum infusion rate of 175 ml per hour. The amount of substrate administered is then 5.6 g of amino acids per hour, 11.2 g of glucose per hour and 7 g of lipids per hour.

Paediatric population

Newborn infants, infants and toddlers less than two years of age

Nutriflex Lipid peri is contraindicated in newborn infants, infants and toddlers < 2 years of age (see section 4.3).

Children from 2 to 13 years of age

The given dosage recommendations are guiding data based on average requirements. The dosage should be individually adapted according to age, developmental stage and illness. For calculation of dosage account must be taken of the hydration status of the paediatric patient.

For children, it might be necessary to start the nutritional therapy with half of the target dosage. The dosage should be increased stepwise according to the individual metabolic capacity up to the maximum dosage.

Daily dose for 2 - 4 years of age: 45 ml/kg body weight, corresponding to

1.44 g amino acids /kg body weight per day
2.88 g glucose /kg body weight per day
1.8 g lipid /kg body weight per day.

Daily dose for 5 - 13 years of age: 30 ml/kg body weight, corresponding to

0.96 g amino acids /kg body weight per day
1.92 g glucose /kg body weight per day
1.2 g lipid /kg body weight per day.

The maximum rate of infusion is 2.5 ml/kg body weight per hour, corresponding to

0.08 g amino acids /kg body weight per hour
0.16 g glucose /kg body weight per hour
0.1 g lipid /kg body weight per hour.

Due to the individual needs of paediatric patients, Nutriflex Lipid peri may not cover sufficiently the total energy and fluid requirements. In such cases, carbohydrates and/or lipids and/or fluids must be provided in addition, as appropriate.

Patients with renal/hepatic impairment

The doses should be adjusted individually in patients with hepatic or renal insufficiency (see also section 4.4).

Duration of treatment

The duration of treatment for the indications stated should not exceed 7 days. During the administration of Nutriflex Lipid peri it is necessary to provide an appropriate amount of trace elements and vitamins.

Duration of infusion of one single bag

The recommended duration of infusion for a parenteral nutrition bag is maximum 24 h.

Method of administration

Intravenous use. Infusion into a peripheral or central vein.

4.3 Contraindications

- Hypersensitivity to the active substances, to egg, peanut or soya protein or to any of the excipients listed in section 6.1
- Inborn errors of amino acid metabolism
- Severe hypertriglyceridaemia (≥ 1000 mg/dl or 11.4 mmol/l)
- Severe coagulopathy
- Hyperglycaemia not responding to insulin doses of up to 6 units insulin/hour
- Acidosis
- Intrahepatic cholestasis
- Severe hepatic insufficiency
- Severe renal insufficiency in absence of renal replacement therapy
- Aggravating haemorrhagic diatheses
- Acute thromboembolic events, lipid embolism

On account of its composition Nutriflex Lipid peri must not be used in newborn infants, infants and toddlers under 2 years of age.

General contraindications to parenteral nutrition include:

- Unstable circulatory status with vital threat (states of collapse and shock)
- Acute phases of cardiac infarction and stroke
- Unstable metabolic condition (e.g. severe postaggression syndrome, coma of unknown origin)
- Inadequate cellular oxygen supply
- Disturbances of the electrolyte and fluid balance
- Acute pulmonary oedema
- Decompensated cardiac insufficiency

4.4 Special warnings and precautions for use

Caution should be exercised in cases of increased serum osmolality. Disturbances of the fluid, electrolyte or acid-base balance must be corrected before the start of infusion.

Too rapid infusion can lead to fluid overload with pathological serum electrolyte concentrations, hyperhydration and pulmonary oedema.

Any sign or symptom of anaphylactic reaction (such as fever, shivering, rash or dyspnoea) should lead to immediate interruption of the infusion.

The serum triglyceride concentration should be monitored when infusing Nutriflex Lipid peri.

Depending on the patient's metabolic condition, occasional hypertriglyceridaemia may occur. If the plasma triglyceride concentration exceeds 4.6 mmol/l (400 mg/dl) during administration of lipids, it is recommended to reduce the infusion rate. The infusion must be interrupted if the plasma triglyceride concentration exceeds 11.4 mmol/l (1000 mg/dl), as these levels have been associated with acute pancreatitis.

Patients with impaired lipid metabolism

Nutriflex Lipid peri should be administered cautiously to patients with disturbances of lipid metabolism with increased serum triglycerides, e.g. renal insufficiency, diabetes mellitus, pancreatitis, impaired hepatic function, hypothyroidism (with hypertriglyceridaemia), sepsis and metabolic syndrome. If Nutriflex Lipid peri is given to patients with these conditions, more frequent monitoring of serum triglycerides is necessary to assure triglyceride elimination and stable triglyceride levels below 11.4 mmol/l (1000 mg/dl).

In combined hyperlipidaemia and in metabolic syndrome, triglyceride levels related to glucose, lipids and overnutrition. Adjust dose accordingly. Assess and monitor other lipid and glucose sources, and drugs interfering with their metabolism.

The presence of hypertriglyceridaemia 12 hours after lipid administration also indicates a disturbance of lipid metabolism.

Like all solutions containing carbohydrates, the administration of Nutriflex Lipid peri can lead to hyperglycaemia. The blood glucose level should be monitored. If there is hyperglycaemia, the rate of infusion should be reduced or insulin should be administered. If the patient is receiving other intravenous glucose solutions concurrently, the amount of additionally administered glucose has to be taken into account.

An interruption of administration of the emulsion may be indicated if the blood glucose concentration rises to above 14 mmol/l (250 mg/dl) during administration.

Refeeding or repletion of malnourished or depleted patients may cause hypokalaemia, hypophosphataemia and hypomagnesaemia. Adequate supplementation of electrolytes according to deviations from normal values is necessary.

Controls of the serum electrolytes, the water balance, the acid-base balance, and of blood cell counts, coagulation status, hepatic and renal function are necessary.

Substitution of electrolytes, vitamins and trace elements may be necessary as required. As Nutriflex Lipid peri contains zinc, magnesium, calcium and phosphate, care should be taken when it is co-administered with solutions containing these substances.

Nutriflex Lipid peri should not be given simultaneously with blood in the same infusion set due to the risk of pseudoagglutination (see also section 4.5).

Nutriflex Lipid peri is a preparation of complex composition. It is, therefore, strongly advisable not to add other solutions (as long as compatibility is not proven - see section 6.2).

As with all intravenous solutions, especially for parenteral nutrition, strict aseptic precautions are necessary for the infusion of Nutriflex Lipid peri. Additions can increase the overall osmolality of the emulsion, consider with regard to peripheral administration and monitor the injection site.

Infusion in peripheral veins may cause thrombophlebitis. Monitor infusion site daily for signs of thrombophlebitis.

Elderly patients

Basically the same dosage as for adults applies, but caution should be exercised in patients suffering from further diseases like cardiac insufficiency or renal insufficiency that may frequently be associated with advanced age.

Patients with diabetes mellitus, impaired cardiac or renal function

Like all large-volume infusion solutions, Nutriflex Lipid peri should be administered with caution to patients with impaired cardiac or renal function.

There is only limited experience of its use in patients with diabetes mellitus or renal failure.

This medicinal product contains 1150 mg sodium per 1250 ml bag, equivalent to 58% of the WHO recommended maximum daily intake of 2 g sodium for an adult.

The maximum daily dose of this product for a 70 kg adult is equivalent to 129% of the WHO recommended maximum daily intake for sodium.

Nutriflex Lipid peri is considered high in sodium. This should be particularly taken into account for those on a low salt diet.

Interference with laboratory tests

The fat content may interfere with certain laboratory measurements (e.g. bilirubin, lactate dehydrogenase, oxygen saturation) if blood is sampled before fat has been adequately cleared from the blood stream.

4.5 Interaction with other medicinal products and other forms of interaction

Some drugs, like insulin, may interfere with the body's lipase system. This kind of interaction seems, however, to be of only limited clinical importance.

Heparin given in clinical doses causes a transient release of lipoprotein lipase into the circulation. This may result initially in increased plasma lipolysis followed by a transient decrease in triglyceride clearance.

Soya-bean oil has a natural content of vitamin K. This may interfere with the therapeutic effect of coumarin derivatives, which should be closely monitored in patients treated with such drugs.

Potassium-containing solutions like Nutriflex Lipid peri should be used with caution in patients receiving drugs that increase serum potassium concentration, such as potassium-sparing diuretics (triamterene, amiloride, spironolactone), ACE inhibitors (e.g. captopril, enalapril), angiotensin-II-receptor antagonists (e.g. losartan, valsartan), ciclosporin and tacrolimus.

Corticosteroids and ACTH are associated with sodium and fluid retention. Nutriflex Lipid peri should not be given simultaneously with blood in the same infusion set due to the risk of pseudoagglutination (see also section 4.4).

4.6 Fertility, pregnancy and lactation

Pregnancy

There are no or limited amount of data from the use of Nutriflex Lipid peri in pregnant women. Animal studies are insufficient with respect to reproductive toxicity (see section 5.3).

Parenteral nutrition may become necessary during pregnancy. Nutriflex Lipid peri should only be given to pregnant women after careful consideration.

Breast-feeding

Components/metabolites of Nutriflex Lipid peri are excreted in human milk, but at therapeutic doses no effects on the breastfed newborns/infants are anticipated. Nevertheless, breast-feeding is not recommended for mothers on parenteral nutrition.

Fertility

No data from the use of Nutriflex Lipid peri available.

4.7 Effects on ability to drive and use machines

Nutriflex Lipid peri has no or negligible influence on the ability to drive and use machines.

4.8 Undesirable effects

Under conditions of correct use, in terms of dosing monitoring, observation of safety restrictions and instructions, undesirable effects may still occur. The following listing includes a number of systemic reactions that may be associated with the use of Nutriflex Lipid peri.

Undesirable effects are listed according to their frequencies as follows:

Very common ($\geq 1/10$)

Common ($\geq 1/100$ to $< 1/10$)

Uncommon ($\geq 1/1,000$ to $< 1/100$)

Rare ($\geq 1/10,000$ to $< 1/1,000$)

Very rare ($< 1/10,000$)

Not known (frequency cannot be estimated from the available data)

Blood and lymphatic system disorders

Rare: Hypercoagulation

Not known: Leucopenia, thrombocytopenia

Immune system disorders

Rare: Allergic reactions (e.g. anaphylactic reactions, dermal eruptions, laryngeal, oral and facial oedema)

Metabolism and nutrition disorders

Uncommon: Loss of appetite

Very rare: Hyperlipidaemia, hyperglycaemia, metabolic acidosis

The frequency of these undesirable effects is dose-dependent and may be higher under the condition of absolute or relative lipid overdose.

Nervous system disorders

Rare: Headache, drowsiness

Vascular disorders

Rare: Hypertension or hypotension, flush

Respiratory, thoracic and mediastinal disorders

Rare: Dyspnoea, cyanosis

Gastrointestinal disorders

Uncommon: Nausea, vomiting

Hepatobiliary disorders

Not known: Cholestasis

Skin and subcutaneous tissue disorders

Rare: Erythema, sweating

Musculoskeletal and connective tissue disorders

Rare: Pain in the back, bones, chest and lumbar region

General disorders and administration site conditions

Common: After a few days, vein irritation, phlebitis or thrombophlebitis may occur.

Rare: Elevated body temperature, feeling cold, chills

Very rare: Fat overload syndrome (details see below)

If signs of vein wall irritation, phlebitis or thrombophlebitis occur, change of the infusion site should be considered.

Should adverse reactions occur, the infusion must be stopped.

6.2 Pharmacokinetic properties

Absorption

Nutriflex Lipid peri is infused intravenously. Hence, all substrates are available for metabolism immediately.

Distribution

The dose, rate of infusion, metabolic situation and individual factors of the patient (level of fasting) are of decisive importance for the maximum triglyceride concentrations reached. When used according to the instructions with due regard to the dosage guidelines the triglyceride concentrations do not, in general, exceed 4.6 mmol/l (400 mg/dl).

Medium-chain fatty acids have a low affinity to albumin. In animal experiments administering pure medium-chain triglyceride emulsions, it has been shown that medium-chain fatty acids can cross the blood-brain barrier, if overdosed. No adverse effects were observed with an emulsion providing a mixture of medium-chain triglycerides and long-chain triglycerides, as long-chain triglycerides have an inhibiting effect on medium-chain triglyceride hydrolysis. Therefore, toxic effects on the brain can be excluded after the administration of Nutriflex Lipid peri.

Amino acids are incorporated in a variety of proteins in different organs of the body. In addition each amino acid is maintained as free amino acid in the blood and inside cells.

As glucose is water-soluble, it is distributed with the blood over the whole body. At first, the glucose solution is distributed in the intravascular space and then it is taken up into the intracellular space.

No data are available concerning transport of the components through the placental barrier.

Biotransformation

Amino acids that do not enter protein synthesis are metabolised as follows. The amino group is separated from the carbon skeleton by transamination. The carbon chain is either oxidised directly to CO₂ or utilised as substrate for gluconeogenesis in the liver. The amino group is also metabolised in the liver to urea.

Glucose is metabolised to CO₂ and H₂O via the known metabolic routes. Some glucose is utilised for lipid synthesis.

After infusion, triglycerides are hydrolysed to glycerol and fatty acids. Both are incorporated in physiological pathways for energy production, synthesis of biological active molecules, gluconeogenesis and resynthesis of lipids.

Elimination

Only minor amounts of amino acids are excreted unchanged in urine. Excess glucose is excreted in urine only if the renal threshold of glucose is reached.

Both the triglycerides of soya-bean oil and medium-chain triglycerides are completely metabolised to CO₂ and H₂O. Small amounts of lipids are lost only during sloughing of cells from skin and other epithelial membranes. Renal excretion does virtually not occur.

5.3 Preclinical safety data

Non-clinical studies have not been performed with Nutriflex Lipid peri.

Toxic effects of mixtures of nutrients given as substitution therapy at the recommended dosage are not to be expected.

Reproductive toxicity

Phytoestrogens such as β-sitosterol can be found in various vegetable oils, especially in soya-bean oil. Impairment of fertility was determined in rats and rabbits after subcutaneous and intravaginal administration of β-sitosterol. According to the current state of knowledge the observed effects in animals do not seem to have relevance for clinical use.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Citric acid monohydrate (for pH adjustment)

Glycerol

Egg lecithin

Sodium oleate

Water for injections

6.2 Incompatibilities

Nutriflex Lipid peri must not be mixed with other medicinal products for which compatibility has not been documented. See section 6.6.

Nutriflex Lipid peri should not be given simultaneously with blood, see sections 4.4 and 4.5.

6.3 Shelf life

Unopened

2 years

After removing the protective overwrap and after mixing of contents of the bag

Chemical and physicochemical in-use stability of the mixture of amino acids, glucose and fat was demonstrated for 7 days at 2-8 °C and additional 2 days at 25 °C.

After admixture of compatible additives

From a microbiological point of view, the product should be used immediately after admixture of additives. If not used immediately after admixture of additives, in-use storage times and conditions prior to use are the responsibility of the user.

After first opening (spiking of the infusion port)

The emulsion is to be used immediately after opening of the container.

6.4 Special precautions for storage

Do not store above 25 °C.

Do not freeze. If accidentally frozen, discard the bag.

Keep the bag in the outer carton in order to protect from light.

6.5 Nature and contents of container

Nutriflex Lipid peri is supplied in flexible multichamber bags of polyamide/polypropylene containing:

- 1250 ml (500 ml of amino acids solution + 250 ml of fat emulsion + 500 ml of glucose solution)

- 1875 ml (750 ml of amino acids solution + 375 ml of fat emulsion + 750 ml of glucose solution)

- 2500 ml (1000 ml of amino acids solution + 500 ml of fat emulsion + 1000 ml of glucose solution)

The multichamber bag is packed in a protective overwrap. An oxygen absorber is placed between the bag and the overwrap; the sachet of inert material contains powdered iron.

The upper left-hand chamber contains a glucose solution, the upper right-hand chamber contains a fat emulsion, and the lower chamber contains an amino acid solution.

The two upper chambers can be connected with the lower chamber by opening the intermediate seam (peel seam).

The design of the bag permits mixing of the amino acids, glucose, lipids and electrolytes in a single chamber. Opening the peel seam results in sterile mixing to form an emulsion.

The different container sizes are presented in cartons containing five bags. Pack sizes: 5 x 1250 ml, 5 x 1875 ml and 5 x 2500 ml

Not all pack sizes may be marketed.

6.6 Special precautions for disposal and other handling

No special requirements for disposal.

Parenteral nutrition products should be visually inspected for damage, discoloration and emulsion instability before use.

Do not use bags which are damaged. Overwrap, primary bag and the peel seams between the chambers should be intact. Only use if the amino acid and glucose solutions are clear and colourless up to straw coloured and the lipid emulsion is homogenous with milky white appearance. Do not use if the solutions contain particulate matter. After mixing the three chambers, do not use if the emulsion shows discoloration or signs of phase separation (oil drops, oil layer). Stop the infusion immediately in case of discoloration of the emulsion or signs of phase separation.

Preparation of the mixed emulsion

Remove inner bag from its protective overwrap and proceed as follows:

- Put the bag on a solid, flat surface.

- Mix glucose with amino acids by pressing the upper left chamber against the peel seam, then add the fat emulsion by pressing the upper right chamber against the peel seam.

- Mix the contents of the bag thoroughly.

The mixture is a milky-white homogenous oil-in-water emulsion.

Preparation for infusion

The emulsion should always be brought to room temperature prior to infusion.

- Fold the bag and hang it on the infusion stand by the centre hanging loop.

- Remove the protective cap from the infusion port and carry out infusion using the standard technique.

For single use only. Container and unused residues must be discarded after use.

Do not reconnect partially used containers.

If filters are used they must be lipid-permeable (pore size ≥ 1.2 µm).

7. DATE OF REVISION OF THE TEXT

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