



NEONATAL




COCONUT OIL

This document should be read in conjunction with this [DISCLAIMER](#)

Unrestricted: Any prescriber can initiate and manage treatment consistent with this guideline

Presentation	Sachet: 4mL
Classification	Purified coconut extract: high in saturated fat particularly medium chain triglycerides
Indication	Coconut oil has a moisturising effect when applied to the skin. Used to maintain and improve skin integrity in preterm infants < 30 weeks gestation. Continue until 37 weeks corrected gestational age, or discharge/transfer from the unit.
Dose	<u>SKIN INTEGRITY</u> ≤ 25 weeks gestation 1 sachet FOUR times a day for the first week of life, then decrease as described below. >25 weeks gestation Infants in an incubator: 1 sachet TWICE daily. Infants out of an incubator: 1 sachet ONCE daily. Applications should coincide with routine care. Start within 24 hours of birth and continue until 37 weeks corrected gestational age OR transfer to other hospital OR discharge home. An additional sachet may be used for larger infants or for very dry skin.
Administration	TOPICAL: <i>Prior to Application:</i> <ul style="list-style-type: none"> • Perform Hand Hygiene as per protocol. • Coconut oil can be applied without gloves (provided infant and nurse's/carer's skin is intact). • Anti-staphing is not a contraindication to applying coconut oil. It may be applied before or after an anti-staphing procedure.

	<p><i>Application:</i></p> <ul style="list-style-type: none"> • The parents should apply the coconut oil to their infant's skin if they wish, under supervision of the bedside nurse. • Apply topical coconut oil during routine cares to the entire skin (front and back). Do not apply coconut oil to the face, scalp, and sites of vascular access or other devices (e.g. chest drain). • Use only a few gentle strokes to apply coconut oil. Do not massage. Application should only take 1-2 minutes. <p>Discard any unused oil in a sachet after opening.</p>
Adverse Reactions	Nil
Storage	Store at Room Temperature
References	Strunk T, Pupala S, Hibbert J, Doherty D, Patole S, Topical Coconut Oil in Very Preterm Infants: An Open-Label Randomised Controlled Trial. Neonatology 2018;113:146-151

Document owner:	Head of Department - Neonatology		
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Date first issued:	May 2017	Version:	4.2
Last reviewed:	April 2019	Next review date:	June 2021
Endorsed by:	Neonatal Directorate Management Group	Date:	June 2018
Standards Applicable:	NSQHS Standards: 1  Governance 3  Infection Control 4  Medication Safety;		
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