



NEONATAL

COCONUT OIL

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

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| Presentation | Sachet: 4mL |
| Action & Indication | <p>Is a purified extract from coconuts, high in saturated fat particularly medium chain triglycerides. Has a moisturising effect when applied to the skin.</p> <ul style="list-style-type: none"> Maintain and improve skin integrity in preterm infants born <30 weeks gestation. Continue until 37 weeks corrected gestational age, or discharged from the unit. |
| Dose | <p><u>SKIN INTEGRITY</u></p> <p>Topical:</p> <p>Infants in an incubator: 1 sachet TWICE daily.</p> <p>Infants out of an incubator: 1 sachet ONCE daily.</p> <p>Applications should coincide with a routine care.</p> <p>Start within 24 hours of birth and continue until 37 weeks corrected gestational age OR transfer to other hospital OR discharge home.</p> <p>An additional sachet may be used if the infant is large or has very dry skin.</p> |
| Administration | <p>TOPICAL:</p> <p><i>Prior to Application:</i></p> <ul style="list-style-type: none"> Perform Hand Hygiene as per protocol. Coconut oil can be applied without gloves (if 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. |

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| | <p><i>Application:</i></p> <ul style="list-style-type: none"> • The parents should apply the coconut oil to their infants 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 few gentle strokes only to apply coconut oil, no massage. Application should only take 1-2 min. • Discard any unused oil in a sachet after opening. |
| Adverse Effect | <p>Common: Nil</p> <p>Serious: Nil</p> |
| References | <p>Pending Publication:</p> <p>Tobias Strunk, Sameer Pupala, Julie Hibbert, Dorota Doherty, Sanjay Patole. Topical coconut oil to improve skin condition in very preterm infants – an open-label randomised controlled trial</p> |

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| Standards Applicable: | NSQHS Standards: 1  Clinical Care is Guided by Current Best Practice, 3  Infection Control 4  Medication Safety; | | |
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