

Information Leaflet for Parents / Carers

Olive Oil Enema



Olive Oil measurements for age groups

- 0 - 3 years: 60mls
- 3 - 7 years: 90mls
- 7 - 12 years: 120ml

Equipment

- Rectal catheter
- 60mls Catheter tip syringe
- Lubricant
- Warmed Olive Oil
- Incontinence Sheet



Method

- Administer at night time just before bedtime
- Allow child to go to the toilet before procedure
- Explain procedure to child
- Place child on their left side and bring their knees up to their chest, also known as the fetal position
- Wash hands
- Put on non-sterile gloves
- Warm Olive Oil by placing the bottle in a bowl of warmed water (Olive oil should be body temp)
- Attach syringe and catheter
- Draw up warmed olive oil
- Lubricate tip of catheter
- Insert catheter into rectum, inserting at least half the length of catheter.
- Slowly Instil olive oil
- Never force in the catheter or olive oil, if resistance is met-reposition the catheter
- After oil is inserted, elevate feet if possible
- Give Calpol if any cramps are experienced



