

J-M.O.P. Cheat Sheet

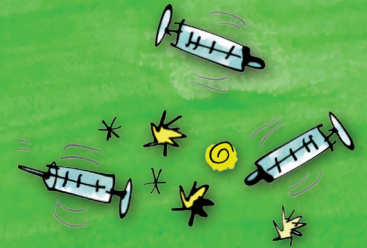
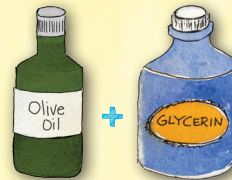
Summary:

Overnight olive oil enema followed by glycerin-and-water enema (GWE) in the morning and again in the afternoon or evening. Continue daily until accident-free 2 to 4 weeks. Then taper.

Enema Dosing:

Olive Oil: For children under 15 kg (33 pounds), use up to 1 ml/kg (up to 15 ml). For children 15 kg+, use 30-60 ml.

Glycerin: For children under 15 kg (33 pounds), use up to 1 ml/kg (up to 15 ml) of solution that is 50% glycerin/50% water. For children over 15 kg, use 30-60 ml GWE (not to exceed 2ml/kg).



J-M.O.P. is recommended for children with enuresis and/or encopresis who:

- Have seen no reduction in accidents after 6 weeks on **M.O.P.x** or **MULTI-M.O.P.**
- Begin treatment with fecal impaction or have a history of fecal impaction.
- Feel motivated to take the most aggressive treatment approach.
- Prefer enemas to stimulant laxatives.

Phases of J-M.O.P.

Phase 1:

Overnight olive oil enema + GWE 2x/day until accident-free 2-4 weeks. No laxatives.

Phase 2:

GWE 2x/day for 30 days. No olive oil or laxatives.

Phase 3:

GWE 1x/day for 30 days. Introduce osmotic if stool is firm or signs of withholding.

Phase 4:

GWE 2 days on/1 day off or every other day. Use daily osmotic and/or stimulant laxative to ensure pooping on non-enema days.

Phase 5:

GWE 2x/week. Laxatives as needed.

Maintenance:

Maintenance: Daily osmotic laxative for at least 6 months before tapering. Enemas or stimulant laxatives as needed to maintain daily pooping.

The **J-M.O.P.** regimen is adapted from research conducted by Akiko Yokoi, M.D., Ph.D., in the Department of Pediatric Surgery at Kobe Children's Hospital in Kobe, Japan. "The usefulness of olive oil enema in children with severe chronic constipation," *Journal of Pediatric Surgery*, March 2021.

[https://www.jpedsurg.org/article/S0022-3468\(21\)00258-X/pdf](https://www.jpedsurg.org/article/S0022-3468(21)00258-X/pdf)



A Note About X-rays:

X-ray is helpful for confirming rectal stool but not absolutely necessary. Ultrasound is not a reliable substitute.