Sucrose Analgesia

Guideline for
‘Sucrose Administration for Painful Procedures’
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Sucrose

- Evidence based practice
  “Sucrose for analgesia in newborn infants undergoing painful procedures”
  *Cochrane Database Systematic Review (Stevens et al 2004)*

- Reduces distress (crying/grimacing/heart rate) associated with painful or distressing procedures

- Effects attributable to taste and sweetness (12 – 24%)

- Rapid onset of action

- An *adjunct* to pharmacological and non-pharmacological measures
  e.g. Cannulation+Ametop+Sucrose
  NG tube insertion+Comfort measure+Sucrose
Sucrose

- Infants <3 months of age
- Safe and easily administered
- Temporary analgesic/non sedative
- Oral administration
- Reduces distress
Preparation

- 24% Sucrose Solution
- Sucrose and Water
- ‘Sweet-Ease’ – Inspiration Healthcare
- Aseptically packaged
- 11ml cup with peel off lid
- Dummy or syringe
- 60p per pot (200 in box)
Indications

Invasive Procedures:
- Heel puncture
- Venepuncture and Cannulation
- IM/SC Injections
- Naso-gastric tube insertion
- Lumbar puncture
- Eye Examination
- Suctioning

Distressing Procedures:
- Colostomy bag change
- Removing tape
- Suturing
- Scalp electrode placement
- Painful physiotherapy

Contraindications:
- Sucrose or fructose intolerance
- Direct administration onto tongue or buccal surface unavailability
- Paralysed and sedated

Caution:
- Necrotozing Enterocolitis (NEC)
- Intubated Patients
Administration

- 1-2 minutes prior to procedure
- 0.1ml sucrose solution to tongue or inside cheek
- Non-nutritive sucking enhances effect
- Repeat dose on procedure commencement
  + every 2 minutes if required
- Max dose per administration:
  - 27-31 wk: 0.5ml; 32-36 wk: 1ml;
  - 37wk -3 months:2ml
- Peak effect = 2 minutes
- Duration of effect = 5-10 minutes
- Single use only
Assessment and Documentation

- To be administered under patient group directive (PGD)
- To be recorded on the patient drug chart
- Appropriate pain assessment tool utilised for before, during and after the procedure
- All pain scores to be ‘documented’ in the patients record
Ordering

Not available from pharmacy

Order via procurement

“Sweet-ease sucrose solution”

From Inspiration Healthcare, Leicester

Order code CMV99044/50

(approx cost: 60p per pot)
Please ensure parents are aware that we advocate the use of oral sucrose *only*

- for painful procedures
- for infants less than 3 months old!

Sucrose + teeth + oral bacteria = tooth decay!
References

Pediatrics; 118: 197-202
