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</p>
- 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 unavailibility
- 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:

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27-31 wk: 0.5ml; 32-36 wk: 1ml;
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- 37wk -3 months:2ml
- Peak effect = 2minutes
- 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

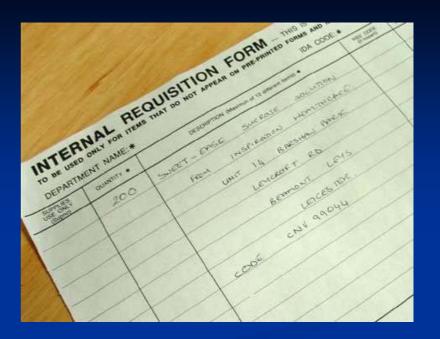
Order via procurement

"Sweet-ease sucrose solution"

From Inspiration Healthcare, Leicester

Order code CMV99044/50

(approx cost: 60p per pot)



Health Education



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

Lefrack L, Burch K, Caravantes R, Knoerlain K, DeNolf N, Duncan J, Hampton F, Johnston C, Lockey D, Martin-Walters RN, McLendon D, Porter M, Richardson C, Robison C, Toczylowski K (2006) Sucrose Analgesia: Identifying Potentially Better Practices *Pediatrics*; 118: 197-202

Morash D and Fowler K (2004) An evidence-based approach to changing practice: Using sucrose for infant analgesia *Journal of Pediatric Nursing;* 19 (5): 366-370

Stevens B, Yamada J, Ohlsson A (2004) Sucrose for analgesia in newborn infants undergoing painful procedures *Cochrane Database Systematic Review;* (3): CD001069