

# 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:

- Necrotizing 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 = 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)

The image shows a close-up of a handwritten 'INTERNAL REQUISITION FORM' on a light-colored, lined paper. The form is titled 'INTERNAL REQUISITION FORM - THIS IS TO BE USED ONLY FOR ITEMS THAT DO NOT APPEAR ON PRE-PRINTED FORMS AND IDA CODE:'. The form is filled out with handwritten text in black ink. The 'DEPARTMENT NAME' is 'Inspiration Healthcare', the 'QUANTITY' is '200', and the 'DESCRIPTION' is 'SWEET-EASE SUCROSE SOLUTION'. The 'FROM' field is 'Inspiration Healthcare', the 'UNIT' is '14 BARSLEY PACK', and the 'LEVERAGE' is 'RD'. The 'BENEFIT' is 'LEICESIDE' and the 'CODE' is 'CMV 99044'. The form is placed on a wooden surface.

SUPPLIES USE ONLY (Barcode)	DEPARTMENT NAME	QUANTITY	DESCRIPTION (Maximum of 12 different items)	FROM	UNIT	LEVERAGE	BENEFIT	CODE
	Inspiration Healthcare	200	SWEET-EASE SUCROSE SOLUTION	Inspiration Healthcare	14 BARSLEY PACK	RD	LEICESIDE	CMV 99044



# 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