



# SUCROSE FOR PAIN RELIEF IN NEWBORN BABIES

## What is sucrose?

Sucrose is sugar. In this case though, we are referring to a sucrose solution which is specially made up for newborn babies.

## Why do you use sucrose?

Giving newborn babies sucrose by mouth, together with sucking and being held or contained, has been found to be a safe way to reduce or minimise discomfort from brief painful events such as a heel prick. The effect lasts only a few minutes.

If you have given permission for your baby to have a dummy he or she will be given it at the same time as the sucrose solution.

## How do I know the solution is safe?

The sucrose solution is prepared by the hospital pharmacy to be used only in a hospital. Small doses of sucrose are placed in your baby's mouth using a syringe, starting two minutes before the procedure. Up to four small doses of sucrose can be given for each painful event and there is a maximum amount your baby can receive in any 24 hours, dependent on your baby's weight.

There is no evidence that sucrose given to babies for pain reduction in hospital affects future teeth development or conditions babies to sweeteners.

## For more information

Your baby's doctor, nurse or care manager are available to answer your questions.

### **Newborn Intensive Care Unit**

Royal Women's Hospital  
Cnr Flemington Rd and Grattan St  
Parkville VIC 3052  
T: (03) 8345 3400

### **Special Care Nursery**

The Women's at Sandringham  
193 Bluff Rd  
Sandringham VIC 3191  
T: (03) 9076 1572