



Sucrose Pain Relief for Needle Pokes

Our Kid Friendly Commitment

Our Kid Experts are committed to making patient care as pain-free as possible. Kids are #1 around here, and their comfort is a top priority. During procedures like shots and needle pokes, there are simple therapies that help to reduce pain. Offering you this option is part of our kid friendly commitment.

What is the benefit of giving my child sucrose prior to a painful procedure?

24% sucrose is another name for sugar water. Evidence shows that giving sugar water can provide pain relief during procedures such as vaccinations and needle pokes. If used as directed, sucrose does not have any side effects and is safe for use in all babies 12 months and younger.

How should I give the sucrose?

Sucrose works best when given 2 minutes before the actual needle poke. This dose may be repeated every couple of minutes as your baby needs for pain relief. To give sucrose to your baby, squeeze it out onto a pacifier, or squirt it into the side of your baby's cheek. Research has shown that the combination of sucking and sucrose has the greatest pain reducing effect.

Directions for use:

1. Wash your hands well with soap and water.
2. Sucrose may be used with a pacifier or with a parent's clean finger.
 - **Pacifier**
Place sucrose on the pacifier first – use several drops. Then place the pacifier in your baby's mouth and allow him to suck on it.
 - **Clean finger**
Gently insert your clean finger into your baby's mouth with the finger nail side on the infant's tongue. Then, place several drops of sucrose inside your baby's cheek and allow him to suck on your finger.
3. It takes 2 minutes for sucrose to become effective and its effects last 4 minutes.
4. Re-administer every couple of minutes (a maximum total volume of one vial).
5. Multiple doses/applications of sucrose may be needed during a painful procedure to achieve effect.

