

# Sucrose: Comfort for your baby

## What is sucrose?

Sucrose is sugar water. It can be given to babies younger than 6 months old to help lessen pain or discomfort. It may be given before procedures or tests such as:

- Needle sticks for lab draws, IV starts, lumbar punctures or shots/immunizations.
- Dressing changes, removal of sutures or adhesive tape.
- Tube insertion, bladder catheterization or circumcision
- Deep suctioning or eye exams.



Studies have shown that babies have fewer signs of pain when sucrose is given.

## How and when is it used?

- Sucrose should be given by mouth (oral) two minutes before a test or procedure starts. It may be given again during the test or procedure if needed.
- For most babies, a pacifier is dipped into the sucrose. Babies who used sucrose with a pacifier showed fewer signs of pain. Most often, one dip is enough. If your baby does not use a pacifier, talk with your nurse.
- Sucrose should only be used two or three times a day depending on your baby's age.
- Sucrose may be used at other times if other methods to comfort your baby has not worked, but studies have not been done to show if it helps.

## Who should not have sucrose?

If you have been told your child **cannot** have sugar, they may not be able to use sucrose. Check with your doctor.

## For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**