

## **Non Nutritive Sucking (NNS)**

Non nutritive sucking is actively promoted for

- Comfort
- Pain relief
- Maximising nasal CPAP delivery
- Has an established role in assisting to develop the sucking reflex and thus help the transition from tube to fully breast or bottle feeding

## **Indication**

- All preterm babies not yet mature enough to suck at feed times should be encouraged to suck on a non nutritive device during a tube feed
- During painful procedures NNS can be offered as a form of non pharmacological pain relief
- When nursed on nasal CPAP NNS can be used for a short period of time to assist in the acquisition of an effective seal

## **Cautions**

As the infant begins to take more enteral feeds at around 33 weeks the use of NNS is no longer appropriate as it may mask feeding cues.

## **Consent**

Parents must receive written information re the suitable use of NNS on the neonatal unit prior to administering. An informed consent form must be signed and held within the baby's medical notes