

The National Poisons Information Service (NPIS) is a network of dedicated units commissioned by Public Health England on behalf of the UK health departments. The NPIS provides information on the diagnosis and management of poisoning to health professionals in the UK.



Low Toxicity Substances



If ingested: These substances are considered to be of low toxicity when ingested acutely and in small amounts. They may cause mild gastrointestinal upset but other features are unlikely to present

What to do: A small glass of water (or milk or juice) may be given if there is mild gastrointestinal upset
If considerable quantities are ingested or symptoms other than mild gastrointestinal upset are present, consult TOXBASE® (www.toxbase.org), contact the NPIS (0844 892 0111) or refer to hospital as appropriate

Plants

African violet (*Saintpaulia ionantha*)
Begonia
Cacti
Carnation (*Dianthus*)
Christmas cactus (*Schlumbergera bridgesii*)
Dandelion (*Taraxacum officinale*)
Daisy (*Bellis perennis*)
Fuchsia
Geranium (*Pelargonium species*)
Hawthorn (*Crataegus monogyna*)
Holly (*Ilex aquifolium*)
Honeysuckle (*Lonicera species*)
Jasmine
Marigold (*Calendula officinalis*)
Nasturtium (*Tropaeolum majus*)
Pansy (*Viola tricolor*)
Petunia
Primrose (*Primula vulgaris*)
Rose (*Rosa species*)
Rowan (*Sorbus aucuparia*)
Snapdragon (*Antirrhinum majus*)
Spider plant (*Chlorophytum comosum*)
Star Gazer Lily (*Lilium speciosum*)
Violet (*Viola tricolor*)

Pharmaceuticals

Amoxicillin*
Antacids (eg Rennie®)
Aqueous cream
Calamine lotion
Cough sweets/lozenges
Evening primrose oil
Flucloxacillin*
Folic acid
Guaifenesin-only cough preparations
Hormone replacement therapy (HRT)
Homeopathic preparations
(*not* herbal remedies)
Hydrocortisone cream
Kaolin
Nappy rash cream
Oral contraceptive pill
Petroleum jelly (eg Vaseline®)
Prednisolone
Pyridoxine
Sudocrem®
Thiamine
Vitamins B, C and E
Zinc oxide cream
Witch hazel

* Unless more than 20x the usual daily dose has been taken, when referral to hospital is appropriate.

Animal and Plant Food

Bird seed
Cat and dog food
Cut flower food
Fish food
House plant food
(eg Phostrogen® and Baby Bio®)

In the Garden

Animal urine/faeces
Bird faeces
Compost
Dog and cat faeces (less than 10 days old)
Earth
Grass
Slugs, snails and worms
Small dead insects or spiders

Cosmetics and Toiletries

Baby wipes
Bubble bath*
Deodorant, non-aerosol
Hair conditioner/shampoo*
(*not* insecticidal or medicated)
Liquid soap*
Moisturiser/hand cream/body lotion
Nail glue
Shaving foam*
Shower gel*
Solid cosmetics
(eg lipstick, ChapStick® and foundation)
Solid soap*
Suntan lotion and cream

Substances marked * may produce foam if ingested in large amounts. There is a small risk of aspiration into the lungs if vomiting occurs.

Cleaning Products

Air freshener, non-aerosol
(*not* reed diffusers)
Household liquid carpet cleaner*
Fabric conditioner
(*not* concentrated) (less than 7.5% cationic surfactants)*
General household cleaning liquid
(*excluding* Zoflora® products)
Washing up liquid*
(*not* machine dishwasher products)

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Craft Items

Ball point pen ink
Blu Tack® and similar preparations
Chalk
Children's paints
(*including* face, powder and poster)
Crayons (wax)
Crepe paper
Felt tip pen ink
Gel pen ink
Glue (water based or PVA)
Pencil lead (graphite)

Miscellaneous

Artificial sweeteners
Bubble liquid*
Candles
Chewing gum (nicotine-free)
Coal and artificial coal
Fake snow
Foil
Food packaging/sweet wrappers
Glitter
Human urine/faeces
Indoor emulsion paint
Luminous glowsticks/necklaces
Mouldy, out-of-date or raw food
Newspaper
Polystyrene
Sand
Silver paper/foil
Silica gel (desiccant sachet)
Teething rings
Tinsel

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