



# Low Toxicity Substances

**Substances which are considered to be of low acute toxicity if ingested.**

**Oral irritation or mild gastrointestinal upset may occur, especially if large amounts are ingested.**

**Advice:** Patients who have ingested the following substances accidentally should be advised that toxic effects are unlikely to occur.

Mild gastrointestinal symptoms or features of irritation may be managed at home and small sips of water (or milk, juice) may provide symptomatic benefit.

Patients should be advised to seek medical attention if they have persisting or worsening symptoms (including features of obstruction or aspiration) or if large amounts have been ingested. Consult TOXBASE for further information.

## Pharmaceuticals

- Antacids (Rennie®)
- Aqueous cream ■
- Bonjela® soothing teething gel (lidocaine and ethanol free)
- Cough preparations (guaifenesin-only)
- Cough sweets, lozenges
- Folic acid
- Homeopathic preparations (not herbal)
- HRT (hormone replacement therapy)
- Hydrocortisone cream ■
- Melatonin
- Nappy rash cream ■
- Oral contraceptive pill
- Prednisolone
- Sudocrem® ■
- Vitamin: B, C and E, Omega 3
- Zinc oxide cream ■

## CRAFTS & TOYS

- Blu tack® ◆
- Bubble liquid ■
- Chalk
- Children's paints
- Crayons
- Glitter
- Glowsticks
- Paper
- Pen or felt tip ink
- Plastic toys
- Plasticine (not Play-Doh® or homemade play dough)
- Putty ◆
- Sand (including kinetic sand)
- Sensory toys or stress balls ◆
- Teething rings
- Water based glue, Pritt stick® or PVA

**Some substances are low toxicity but may pose a risk of obstruction or aspiration. Consult TOXBASE for further information.**

- ◆ Obstruction: substances may become lodged, or the substance is known to swell on contact with liquid
- Aspiration: substances may produce foam when large amounts are ingested. If vomiting occurs, there is a small risk of aspiration into the lungs

## PLANTS & GARDEN

- African violet (*Saintpaulia ionantha*)
- Cacti
- Carnation (*Dianthus caryophyllus*)
- Christmas cactus (*Schlumbergera truncate*)
- Cyclamen (*Primulaceae*)
- Daisy (*Bellis perennis*)
- Dandelion (*Taraxacum*)
- Fuchsia
- Geranium (*Pelargonium*)
- Hawthorn (*Crataegus*)
- Honeysuckle (*Lonicera*)
- Jasmine (*Jasminum*)
- Lily (*Lilium*, e.g. stargazer, oriental, easter lily)
- Marigold (*Calendula officinalis*)
- Nasturtium (*Tropaeolum majus*)
- Pansy (*Viola*)
- Petunia
- Primrose (*Primula vulgaris*)
- Rose (*Rosaceae*)
- Rowan (*Sorbus aucuparia*)
- Spider plant (*Chlorophytum comosum*)
- Sweet peas (*Lathyrus odoratus*)
- Valerian (*Valeriana officinalis*)
- Yucca
- Animal urine, faeces (may pose an infection risk - especially dog or cat faeces)
- Compost, soil, peat
- Grass
- Slugs, snails, worms, insects, spiders

## COSMETICS & TOILETRIES

- After sun lotion and creams ■
- Aloe Vera
- Baby wipes ◆
- Bubble bath ■
- Cosmetic powders (eye shadow, foundation)
- Deodorant (non-aerosol)
- Face masks
- Lipstick, chap stick
- Liquid soap, shower gel ■
- Moisturiser, hand cream, body lotion ■
- Shampoo (non-medicated), conditioner ■
- Shaving foam

## HOUSEHOLD ITEMS & OTHER

- Bird seed
- Cat and dog food
- Fish food
- Cut flower food
- Candles
- Cat litter ◆
- Chewing gum (nicotine-free)
- Cleaning wipes ◆
- Coal, artificial coal ◆
- Cold pack (for injuries, containing urea and water)
- Foil
- Food packaging/wrappers
- Human urine/faeces
- Ice packs (for food and drink)
- Indoor emulsion paint (water based)
- Matches
- Mouldy/raw food
- Polystyrene
- Silica gel (desiccant sachet)
- Tinsel, decorations
- Wallpaper paste
- Washing up liquid ■