



Low Toxicity Substances



The National Poisons Information Service (NPIS) is a network of dedicated units commissioned by the Health Protection Agency through its Centre for Radiation, Chemical and Environmental Hazards. The NPIS provides information on the diagnosis and management of poisoning to health professionals in the UK.

PRODUCED BY

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If ingested:

These substances are considered to be of low toxicity when ingested acutely. They may cause oral irritation and mild gastrointestinal upset but other features are unlikely

What to do:

A small glass of water (or milk or juice) may be given if there is mild gastrointestinal upset

You should consult TOXBASE[®] if considerable quantities are ingested or persisting or worrying symptoms are present (www.toxbase.org) or contact the NPIS on 0844 892 0111 (24 hours)

Plants

African violet (*Saintpaulia ionantha*)
Begonia
Cacti
Carnation (*Dianthus*)
Christmas cactus (*Schlumbergera bridgesii*)
Cotoneaster
Dandelion (*Taraxacum officinale*)
Daisy (*Bellis perennis*)
Fuchsia
Geranium (*Pelargonium species*)
Hawthorn (*Crateagus 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*)

Animal and Plant Food

Bird seed
Cat and dog food
Cut flower food
Fish food
House plant food
(e.g. Phostrogen[®] and Baby Bio[®])

Pharmaceuticals

Amoxicillin
Antacids (e.g. Rennie[®])
Aqueous cream
Calamine lotion
Cough sweets/lozenges
Emollients (e.g. Diprobase[®], E45 Cream and Epaderm[®])
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 (e.g. Vaseline[®])
Prednisolone
Pyridoxine
Sudocrem
Thiamine
Vitamins B, C and E
Zinc oxide cream
Witch hazel

In the Garden

Animal urine/faeces
Bird faeces
Compost
Dog and cat faeces (less than 2 weeks 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
(e.g. lipstick, ChapStick[®] and foundation)
Solid soap*
Suntan lotion and cream
Toothpaste

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
(including plug-in)
Household liquid carpet cleaner*
Fabric conditioner (*not* concentrated)
(less than 10% cationic surfactants)*
General household cleaning liquid
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)
Playdoh[®]
Pencil lead (graphite)

Miscellaneous

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Mouldy or out-of-date food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

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