Low Toxicity Substances

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
- Christmas cactus (Schlumbergera bridgesii)
- Dandelion (Taraxacum officinale)
- Daisy (Bellis perennis)
- Fuchsia
- Geranium (Pelargonium species)
- Hawthorn (Crataegus monogyna)
- Holly (Ilex aquifolium)
- Honey suckle (Lonicera species)
- Jasmine
- Marigold (Calendula officinalis)
- Nasturtium (Tropaeolum majus)
- Parsley (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
- Fluoxetinein*
- Follic acid
- Guaiifenesin-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

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

#### 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*
- Shampoo*
- 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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