Low Toxicity Substances

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 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 persisting or worrying symptoms are present medical professionals should consult TOXBASE® (www.toxbase.org) or contact the NPIS.

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

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 and stick such as Prit stick®)
- Glitter
- Pencil lead (graphite)
- Plasticine® (not Play Doh®)
- Putty

Pharmaceuticals
- Antacids (e.g. Rennie®)
- Aqueous cream
- Calamine lotion
- Cough sweets/lozenges
- Evening primrose oil
- Folic acid
- Guaiifenesin-only cough preparations
- Hormone replacement therapy (HRT)
- Homeopathic preparations (not herbal remedies)
- Hydrocortisone cream
- Nappy rash cream (e.g. Bepanthen®)
- Oral contraceptive pill
- Omega 3 fish oils
- Prednisolone
- Pyridoxine
- Sudocrem®
- Thiamine
- Vitamin B, C and E
- Witch hazel
- Zinc oxide cream

Cosmetics and Toiletries
- Baby wipes
- Bubble bath*
- Deodorant, non-aerosol
- Hair conditioner/shampoo* (not insecticidal or medicated)
- Liquid soap*
- Moisturiser/hand cream/body lotion
- Shaving foam
- Shower gel*
- Solid cosmetics (e.g. lipstick, ChapStick® and foundation)
- Solid soap*
- Substances marked * may produce foam if ingested in large amounts. There is a small risk of aspiration into the lungs if vomiting occurs.

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- Mouldy, out-of-date or raw food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

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Cleaning Products
- Air freshener, non-aerosol (not reed diffusers and electrical plug-ins)
- Cleaning wipes (such as floor or surface wipes)
- Household liquid carpet cleaner*
- Washing up liquid* (not dishwasher products)

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Animal or Plant food
- Bird seed
- Cat and dog food
- Cut flower food
- Fish food

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

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