

## 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](http://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  
Peat  
Slugs, snails and worms  
Small dead insects or spiders

## Plants

African violet (*Saintpaulia ionantha*)  
Cacti  
Carnation (*Dianthus*)  
Christmas cactus (*Schlumbergera bridgesii*)  
Cyclamen  
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 (*Rosa species*)  
Rowan (*Sorbus aucuparia*)  
Snapdragon (*Antirrhinum majus*)  
Spider plant (*Chlorophytum comosum*)  
Star Gazer Lily (*Lilium speciosum*)  
Yucca  
Violet (*Viola tricolor*)

## Craft Items

Ball point pen ink  
Blu Tack® and similar preparations\*\*  
Chalk  
Children's paints  
(including face, finger, 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\*\*  
-Substances marked \*\* could pose an obstruction risk.

## Cosmetics and Toiletries

Aftersun lotions and creams  
Aloe Vera  
Baby wipes \*\*  
Bubble bath\*  
Deodorant, non-aerosol  
Face masks  
Hair conditioner/shampoo\* (not insecticidal or medicated)  
Liquid soap\*  
Moisturiser/hand cream/body lotion  
Shaving foam  
Shower gel\*  
Solid cosmetics  
(e.g. lipstick, ChapStick®, eye shadow, foundation)  
Solid (Toilet) soap\*  
-Substances marked \* may produce foam if ingested in large amounts. There is a small risk of aspiration into the lungs if vomiting occurs.  
-Substances marked \*\* could pose an obstruction risk.

## Pharmaceuticals

Antacids (e.g. Rennie®)  
Aqueous cream  
Calamine lotion  
Cough sweets/lozenges  
Evening primrose oil  
Folic acid  
Guaifenesin-only cough preparations  
Hormone replacement therapy (HRT)  
Homeopathic preparations (not herbal remedies)  
Hydrocortisone cream  
K-Y Jelly®  
Nappy rash cream (e.g. Bepanthen®) #  
Oral contraceptive pill  
Omega 3 fish oils  
Prednisolone  
Pyridoxine  
Sudocrem® #  
Thiamine  
Vitamins B, C and E  
Witch hazel  
Zinc oxide cream  
-Substances with # may post a small aspiration risk.

## 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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-Substances marked \*\* could pose an obstruction risk.

## Miscellaneous

Artificial sweeteners  
Bubble liquid\*  
Candles  
Cat litter\*\*  
Chewing gum (nicotine-free)  
Coal and artificial coal\*\*  
Foil  
Food packaging/sweet wrappers  
Human urine/faeces  
Ice packs for cooling food or drink (not sports injuries)  
Indoor emulsion paint  
Luminous glowsticks/necklaces  
Matches  
Mouldy, out-of-date or raw food  
Nappies or incontinence pads\*\*  
Newspaper  
Polystyrene\*\*  
Sand incl Kinetic or Magic sand\*\*  
Silver paper/foil  
Silica gel (desiccant sachet)  
Teething rings  
Tinsel  
Wallpaper paste

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## Animal or Plant food

Bird seed  
Cat and dog food  
Cut flower food  
Fish food  
Animal/Dog chocolate drops

The information provided is designed solely for use by healthcare professionals and limited to being an additional support for medical decisions. Reliance upon any information is entirely at the persons own risk.

For medical advice members of the public should contact: NHS 111 in England & NHS 24 in Scotland (Tel 111); NHS Direct in Wales: (Tel 0845 4647). ROI; for advice on accidental poisoning (01) 809 2166

In an emergency, if the patient has collapsed or is not breathing properly call 999 immediately.