

Allergy, Food and Chemical Sensitivity List:

Allergen	Reaction
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House dust

Severe hay fever, fatigue, eczema, asthma

Mould

Mild anaphylaxis, migraine, severe fatigue, asthma

Wool

Hay fever, eczema, asthma

Pollen

Severe hay fever, asthma

Fragrances

Anaphylaxis, migraine, peripheral neuropathy, asthma

Smoke

Anaphylaxis, migraine, chemical induced pneumonitis, asthma

Pyrethrums

Anaphylaxis, migraine, asthma

Formaldehyde

Anaphylaxis, asthma

Dietary requirements

General Requirements Organic whole foods are tolerated. No processed, packaged, canned or frozen food

Table 1. Food additives that commonly cause reactions in individuals with food and chemical sensitivities

Food additives to avoid in food, medications and supplements

Colorings

102, 107, 110, 122, 123, 124, 127, 160(b)

Preservatives

132, 133, 142, 151, 155

Benzoic acids

210, 211, 212, 213

Propionic acids

281, 282, 283

Sorbic acids

200, 201, 202, 203

Sulphites

220, 221, 222, 223, 224, 225, 226, 227, 228

Nitrates

251, 252

Nitrites

249, 250

Anti-oxidants

310, 311, 312, 320, 321

Glutamates

620, 621, 622, 623

Flavourings

Avoid all

Artificial sweeteners

Avoid all

Specific Food allergens/reactions

Eg

Food

Reaction

Dairy food

Allergic rhinitis, asthma, eczema

Wheat

Severe allergic rhinitis,

Egg

Anaphylaxis, eczema

Shellfish

Anaphylaxis,

Pineapple

Eczema, asthma,

Specific Food sensitivities/reactions

Eg

Vegetables

Fruits

Herbs/spices

Other

Parsnip

Tomato

Mustard

Gluten

Pepper

Pear

Garlic

Lactose

Celery

Grapes, sultanas

Herbs - many

Broccoli

Citrus Fruits

Bay leaves

Cauliflower

Berries

Turnip

Stone fruits

Leek

Banana

Brussels sprouts

Rockmelon, watermelon

Cabbage

Rhubarb

Cucumber

Capsicum red/green

Carrot

Potato

Specific Chemical sensitivities/reactions

(Tick appropriate boxes and list reactions e.g. respiratory difficulties, rash, headache, gastrointestinal sy

Chemical

Reaction

Pesticides

Organochlorines

Organophosphates

Pyrethrum

Carbamates

Other.....

Paints, stains

Formaldehyde

Solvents

Xylene

Benzene

Toluene

Other.....

Synthetic fabrics

Fragrances – perfumes, air fresheners, deodorants

Cleaning products

Detergents

Disinfectants

Phenolic compounds

Essential oils

Terpenes

Motor exhaust

Chlorine based products

Fungicides

Medication: Specific requirements

General Considerations: are common due to salicylate/amine sensitivity. Avoid additives such as preservatives. Ensure the following fillers are not used in medications e.g. grains, gluten, lactose, soya, rice.

Specific Requirements

Medication

Reaction

Penicillin

Anaphylaxis, rash

Aspirin and aspirin based drugs/creams (phenolic compounds), Codeine, Panadein, Mersyndol, Oil of w

Can cause anaphylaxis - exacerbate symptoms e.g. migraine, joint muscle pain, peripheral neuropathy,

Anti inflammatory meds

Contraindicated - Peptic ulcer

Valium

Contraindicated - Chronic irritable bowel disease

Steroids, hormones

Can cause allergic reactions, very severe migraine,

Puffers

Allergy, severe chest pain

Sedatives

These can cause the reverse effect and hyperactivate

Pethidine

Severe migraine

Anaesthetics

Poor recovery

Dextrose drips

Ensure these are not corn based due to corn allergy

Iodine and other dyes

Can cause anaphylaxis

Medical equipment: Specific requirements

Equipment

Reaction

Plastic

Plastic tubing, oxygen masks. Glass tubing or ceramic mask is preferred over plastic. Keep plastic to a minimum. These may include but are not limited to edema, itching or other irritation at the site where tubing contact

For IV fluids use normal saline in glass bottles instead of plastic as much as possible. Soft plastics such

Adhesive tape

Most adhesive tapes

Latex

Avoid latex gloves

Iodine

Do not use preparations with iodine, dyes other colourings or preservatives

Disinfectants

With care

Medical history:

Test Results:

Test results to substantiate your documentation are recommended, or confirmation of these problems provided in writing from your health care practitioner

NAME:

SUMMARY REACTION TABLE

Some examples are provided in the table below

MOST SEVERE

Symptoms may vary depending on the actual substance, type of exposure & amount.

SUBSTANCE

MAIN EFFECT

Aspirin

Anaphylaxis

Formaldehyde

Severe respiratory effects

Peanut

Anaphylaxis

Perfumes

Severe migraine, severe respiratory effects, asthma

Pesticides

Health Information Template

Monday, 26 October 2009 02:02 - Last Updated Tuesday, 17 November 2009 01:28

Asthma, severe migraine, debilitating pain. *	<i>See Health Information form for more detail on pe</i>
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MUST AVOID

Symptoms may vary c

SUBSTANCE

MAIN EFFECT

Essential oils

Headache

Non organic, processed foods

PROVIDING OWN FOOD

Wool

Hay fever, eczema

DISCOMFORT

Symptoms may vary o

SUBSTANCE

MAIN EFFECT

Yeast

Bloating

Examples of MOST SEVERE effects: Anaphylaxis, Severe respiratory symptoms, Debilitating pain, Severe migraine/headache, Cardiac symptoms

Examples of MUST AVOID effects: Headache, Bleeding, Pain, Palpitations, Laryngitis, Skin rash, Rhinitis, Sinusitis

Examples of DISCOMFORT effects: Disorientation, Brain fog, Bloating, Dyspepsia

The information in this table will be very individual, and what is Discomfort for one person can be a MUST AVOID for another. For most MCS people the Most Severe category will be the largest.

When it comes to foods, if you can only eat organic, unprocessed food it will be better to arrange for your meals to be brought in. If you can eat hospital meals but react to yeast - this should be included in your table.

It is in your best interests that this list as clear and concise as possible so that hospital staff can easily and quickly access this information. List the substances in each category alphabetically