



Medications

*Avoid non-essential medications.
Wash the colour off tablets, or open capsules and take the powder.*

DON'T TAKE ANYTHING CONTAINING ASPIRIN

*If you have been prescribed aspirin as a blood-thinning medication,
discuss switching to CLOPIDOGREL
with your doctor before starting your elimination diet.*

MEDICATIONS

CATEGORY	SUITABLE PRODUCTS	GUIDELINES	AVOID
<p>GENERAL</p> <p>Take essential medications as prescribed by your doctor.</p> <p>Discuss switching to alternative preparations with your doctor if necessary.</p> 	<p>Tablets white</p> <p>Capsules powdered contents only if coloured.</p> <p>Sprays most are suitable</p> <p>Topical most creams, ointments, eye drops are suitable.</p> 	<p>Tablets If there is no suitable white alternative, colouring can be washed off the surface by rubbing gently under the tap.</p> <p>Capsules Open, empty contents onto a spoon and take powder (mix with golden syrup if necessary).</p> <p>For children Use tablets or capsules in preference to syrups. To divide into correct dose – cut tablets with a razor blade or sharp knife; or crush into powder between two spoons; open capsule and remove contents.</p>	<p>NON-ESSENTIAL medications</p> <p>COLOURED tablets, capsules</p> <p>HERBAL products</p> <p>TOPICAL preparations with menthol, essential oils, aromas</p> <p>SYRUPS mixtures, liquid preparations (which may be coloured, flavoured, and/or preserved).</p> 
<p>PAIN RELIEF</p> <p>Paracetamol</p>  <p>Codeine</p> <p>Migraine medication</p>	<p><i>Panadol, Herron, Amcal</i> (tablets, capsules, caplets)</p> <p><i>Panadol suppositories</i> (125 mg, 250 mg)</p> <p><i>Panadeine, Panadeine Forte</i> Codeine phosphate</p> <p>Most products are suitable.</p> 	<p>The paracetamol dose for children is 15-20 mg/kg per dose up to 60 mg/kg/24hrs (ie, max. of 20 mg/kg given 3 times in 24 hrs).</p> <p>Take care not to give excessive doses to overweight children – dose should be adjusted down as if the child is average weight for age.</p> <p>If coloured, ask your doctor whether there is a suitable white alternative.</p> <p>Use only as recommended by your doctor.</p>	<p>LIQUID paracetamol preparations (coloured &/or flavoured) unless tolerance has been tested for these additives.</p> <p>ASPIRIN containing products, eg: <i>Aspro</i> <i>Dispirin</i> <i>Vincent's</i> <i>Bex</i> <i>Alka Selzer</i></p> 
<p>ANTI-INFLAMMATORY DRUGS</p> <p>Steroids ('cortisone'-type)</p> <p>Non-steroidal anti-inflammatory drugs (NSAIDs).</p>	<p>All steroid preparations are suitable (oral prednisone, hydrocortisone, steroid nasal sprays, inhaled steroids, topical steroids).</p> <p>No NSAIDs are suitable while on an elimination diet, since they can cross-react with ASPIRIN.</p>	<p>If NSAIDs are necessary (eg. for menstrual period pains or chronic arthritis), check with your doctor.</p> <p>It may be possible to stop treatment for a week or two while on your elimination diet and take your usual dose as a challenge to see if you react.</p> <p>This may need to be done under medical supervision.</p>	<p>NSAIDs avoid all products unless challenge negative.</p> 

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<p>ANTIHISTAMINES</p> <p>Non-sedating 'H₁' antihistamines ('non-drowsy')</p>  <p>Sedating antihistamines</p> <p>'H₂' antihistamines (anti-ulcer)</p> <p>Antihistamine eye drops</p> <p>Antihistamine nasal sprays</p>	<p><i>Claratyne</i> <i>Telfast</i> <i>Zyrtec</i> <i>Zadine</i> <i>Zytrec Oral Liquid Drops</i> for children</p> <p><i>Polaramine</i> <i>Phenergan</i> <i>Vallergan</i> <i>Vallergan Forte</i></p> <p><i>Zantac</i></p> <p><i>Patanol Eye Drops</i> <i>Zaditen</i> (ketotifen) <i>Opticrom</i> (cromoglycate)</p> <p><i>Azep Hayfever Relief</i></p> 	<p>H₁ Antihistamines are effective for itch, hives and sneezing caused by allergic reactions.</p> <ul style="list-style-type: none"> Actions and side-effects vary; test different brands to see which one suits you best. Degree of drowsiness is variable. Taking an evening dose may help you sleep, and the drowsiness may have worn off by morning. For children Use tablets where possible. Liquids contain colour and flavour, but are usually tolerated in children with eczema.  	<p>Sedating antihistamines are not recommended for children under two years of age. Discuss their use for allergy reactions and severe itch with your doctor.</p> <p>Avoid driving or using heavy machinery if you are taking sedating antihistamines.</p>   
<p>AIRWAY</p> <p>Asthma medications</p> <p>Steroid nasal sprays</p> <p>Saline nasal sprays</p> 	<p>All products are suitable</p> <p><i>Beconase, Rhinocort</i> (32 mcg/dose), <i>Telnase</i> <i>Nasonex Aqueous Nasal Spray, Flixonase Nasule drops, Rhinocort</i> (64 mcg/dose)</p> <p><i>Narium, Fess</i></p>	<p>Use as prescribed.</p> <p>Available over the counter.</p> <p>Available on prescription.</p> <p>Available over the counter.</p>	 

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<p>COLD & FLU MEDICATIONS</p> <p>Oral decongestants</p> 	<p><i>Demazin Cough & Cold Syrup</i> 100 ml or 200 ml (2 years to adult)</p> <p>Cold & Flu products containing paracetamol, codeine, antihistamine, and/or pseudoephedrine are suitable if not coloured or flavoured.</p> 	<p>Has butterscotch/vanilla flavour with no added colour or preservative.</p> <p>Do not confuse with other <i>Demazin</i> syrups which are peach flavoured, preserved, and may be coloured.</p> <p>Open coloured capsules and take contents only.</p> <p>Saline nose washes (eg. <i>Fess, Narium</i>) are more effective than cough medicines.</p> 	<p>ASPIRIN containing products.</p> <p>Products containing MENTHOL, MINT, CAMPHOR, EUCALYPTUS OIL, LAVENDER OIL, TEA TREE OIL, or OIL OF WINTERGREEN (eg. lozenges, cough lollies, nose sprays, lip balms, inhalations, massage oils, muscle balms, liniments).</p> 
<p>ECZEMA MEDICATIONS</p> <p>Topical steroid preparations</p>  <p>Non-steroidal preparations</p>	<p>All brands are suitable.</p> <p><i>Elidel®</i></p> 	<p>Ointments are preferred because they contain no preservatives and are less likely to sting when being applied.</p> <p>Only very mild preparations are available without prescription.</p> <p>Prescription only is preferred for the face.</p>	<p>Avoid use of high-strength steroid preparations on the face.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Note: Contact dermatitis reactions can occur to topical corticosteroid preparations – patch testing can be done for diagnosis.</p> </div>
<p>ANAESTHETICS</p> <p>Dental anaesthesia</p>  <p>General anaesthesia</p>	<p><i>Xylocaine</i> (lignocaine) Ampoules (PLAIN – no adrenaline)</p> <p>All intravenous induction agents. All gas anaesthetics.</p> 	<p>Most other dental local anaesthetics have added preservatives because they contain adrenaline or octapressin (which are used to constrict blood vessels and minimize bleeding).</p> <p>Most problems with intolerance reactions from general anaesthesia are due to premedications or postoperative pain killers.</p>	<p>Local anaesthetics containing adrenaline, octapressin and added PRESERVATIVES.</p> <p>If you have a history of intolerance reactions following general anaesthesia, avoid unnecessary PREMEDICATIONS and/or POSTOPERATIVE OPIATES.</p>

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<p>CONSTIPATION</p> <p>Laxatives</p>  <p>Fibre</p> 	<p><i>Movicol</i> (macrogel 3350) <i>Duphalac, Actilax</i> (lactulose) <i>Gold Cross</i> Epsom Salts Glycerine suppositories (glycerol) <i>Parachoc</i> (liquid paraffin oil)</p> <p><i>Benefiber</i> (guar gum) <i>Metamucil</i> Original Texture Regular Flavour Powder (psyllium husk) <i>Normacol Plus</i> (sterculia & frangula bark)</p>	<p><i>Movicol</i> sachets have citrus flavour but plain powder is available from compounding pharmacies.</p> <p><i>Parachoc</i> has vanilla & chocolate flavour, but is usually well tolerated.</p> <p>Plain <i>Movicol</i> or <i>Losec</i> can be customised & made up into a liquid by a compounding pharmacy but they will need to avoid adding flavourings and any additive that contains a preservative or an artificial colour.</p> <p>eastlakespharmacy@idx.com.au Phone 02 9667 1197</p>	<p>Prune juice is not suitable to give to those with food intolerance as it contains high levels of natural chemicals that cause reactions in most people with food intolerance.</p> <p>Constipation can be a manifestation of food intolerance – in young children dairy foods and soy drinks can be significant causes.</p> 
<p>GASTRIC REFLUX</p> <p>Antacids</p> <p>Proton Pump Inhibitors</p> <p>H₂ Antihistamines</p> 	<p><i>Infant Gaviscon Powder</i> (magnesium alginate + sodium alginate)</p> <p><i>Losec</i> (omeprazole) – 10 mg, 20 mg. Requires prescription.</p> <p><i>Zantac</i> (ranitidine) 150 mg tablets. Available over the counter.</p> 	<p>INFANT FEEDS Thickening with maize cornflour can sometimes help reflux. Mix 1 tablespoon of cornflour with a cup of water and cook while stirring in a pot. When cool add formula powder to make the milk “thicker”.</p> <p><i>Ranitidine</i> dose for children is 2 to 4 mg/kg body weight given up to 8 hourly. Crush tablets and add to 10 ml of cooled boiled water to make a fine suspension that must be mixed thoroughly in a syringe before giving the appropriate dose. The suspension is quite bitter so adding a little pure icing sugar improves the taste.</p>	<p>HEAD LICE (NITS)</p> <p>Before resorting to insecticidal shampoos try:</p> <ul style="list-style-type: none"> Using a nit comb. Suffocating the lice by oiling the hair thickly with pharmacy grade olive oil or soft paraffin (eg. Vaseline) – the oil or paraffin needs to be left in for a few hours. Drying the hair with a hair dryer – the hot air from a standard dryer may be enough to kill the nits but some skill is required to avoid burning the scalp with the dryer.
<p>WORMS</p> 	<p><i>Combantrin Tablets</i></p> 	<p>Coloured orange but are the best tolerated of the available choices.</p> <p>Treat the whole family together, including dogs and cats. Pin together the top and bottom parts of your children's pyjamas to avoid the re-infection cycle (bottom → hand → mouth).</p>	<ul style="list-style-type: none"> Nits don't survive well away from humans – treat soft toys and bedding as for dust mites. <p>For information about head lice see www.hsph.harvard.edu/headlice.html</p>