SALICYLATE AVOIDANCE

MEDICATIONS

Aspirin and related compounds (salicylate) can cause allergic-like reactions to some patients such as asthma, nasal polyps or hives (uriticaria). Aspirin is found in many medications used for headaches, colds, fever and minor pain as well as in some prescription pain relievers. Some aspirin-related "arthritis" medications can also cause some reactions in patients who are sensitive to salicylates. These are referred to as "non-steroidal anti-inflammatory drugs" (NSAIDS). Should you be sensitive to these drugs carefully avoiding them can prevent allergic-like reactions.

We have prepared a list of some of the medications that contain aspirin to make avoidance of these substances easier. All medications, both prescription and over-the-counter, that contain aspirin should be avoided. If there are any medications that might be in question, please call our office or ask your pharmacist.

Avoid all aspirin products such as:

Aleve	BC Powder	Ibuprofen	Ponstel
Anascriptin	Celebrex	Indocin	Rufen
Anaprox	Clinoril	Motrin	Stanback
Ascriptin	Correctol	Midol	Tolectin
Advil	Dolobid	Nalfon	Vanquish
Alka-Seltzer	Ecotrin	Naprosyn	Vioxx
Bayer	Excedrin	Nuprin	Voltaren
Bextra	Feldene	Orudis	
Bufferin	Goody's	Pepto Bismol	

You may take these medicines:

Acetaminophen (Tylenol)

Trilisate

YELLOW FOOD DYE #5

People with salicylate hypersensitivity should also avoid yellow food dye #5. You should check ALL labels for yellow food dye #5. Many foods that are yellow in color contain this coloring agent such as margarine and cheese flavored snacks. It can also be found in foods that are not yellow in color so be sure to check ALL labels. Yellow #5 can also be commonly found in other products such as shampoo, conditioner, lotions, and make-up so be sure to check these labels also. Other yellow dyes, such as yellow #6 and #10 are safe to use.

TOOTHPASTES & MOUTHWASHES

People with salicylate hypersensitivity should completely avoid all mouthwashes. They also should avoid all gel and mint toothpaste such as: Aquafresh, Close-Up, etc. Only use plain toothpaste such as Colgate or Crest. Mentadent is not permitted. Breath mints should also be avoided.

You may use this toothpaste:

Arm and Hammer baking soda in the box