



**Allergy, Food and Chemical Sensitivity List:**

<b>Allergen</b>	<b>Reaction</b>
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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*

*Pyrtherum*

*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

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**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

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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