



When your child needs a hospital, everything matters.SM

Helping Hand™

Allergy to Latex

Latex is the milky sap from the rubber tree. It is used to make many rubber products that are used in the hospital, home and community. If your child is allergic to this milky sap, he or she has a latex allergy.

A child who has an allergy to latex will always be allergic to it.

Some of the most common products made from latex are latex gloves and rubber balloons. A list of many other items made from latex is on pages 3 to 6.

Who Can Become Allergic to Latex?

Anyone can become allergic to latex, but some people are at higher risk. These include:

- People with spina bifida or myelomeningocele
- Those who have other allergies (especially people who are allergic to avocados, bananas, kiwi, or water chestnuts).
- Those who have had frequent exposure to latex.
- Health care workers

The cause of a latex allergy is not known. Some experts believe latex allergies occur more often in patients with spina bifida because they have frequent contact with latex products. Children with spina bifida have many surgeries, diagnostic tests, and bowel and bladder programs that involve using latex products.

Signs of an Allergic Reaction

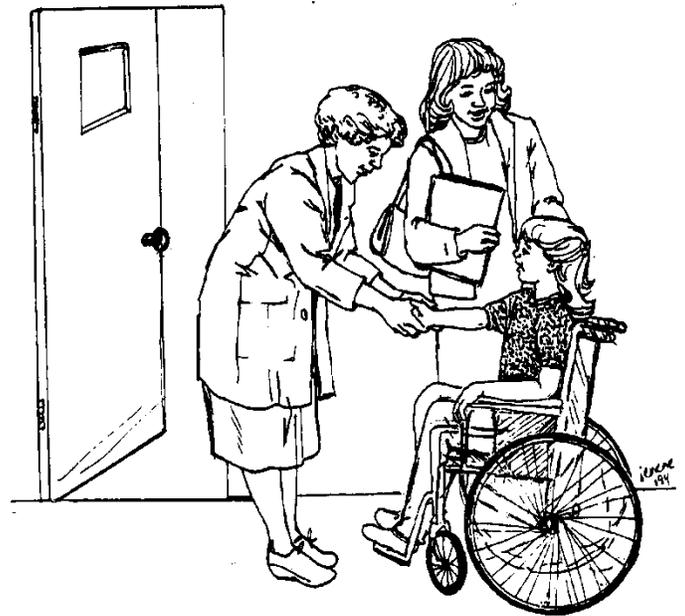
- Skin rash or scaliness
- Itching
- Hives
- Swelling
- Itchy, watery or puffy eyes
- Sneezing or coughing
- Wheezing
- Difficulty breathing
- Anxiety
- Rapid heartbeat (palpitations)

Common Products that Contain Latex

- On pages 3 to 6 are products that contain latex and suggested substitutes. Be sure to read the labels.
- Ask the pharmacist or manufacturer to suggest substitutes if you do not see the product on the LATEX-SAFE list.

Ways to Avoid an Allergic Reaction

- Avoid products that contain latex. Reducing your child's exposure to latex may help prevent an allergic reaction.
- Tell all of your child's care givers about his or her latex allergy risk (Picture 1). This includes hospitals, doctors, nurses, dentists, schools, day care workers, baby-sitters, and your local emergency services.



Picture 1 Teachers and caregivers should be told if your child is allergic to latex.

What to Do in an Emergency

1. Remove the object causing the allergic reaction as soon as possible.
2. If your child has a rash, itching or hives, call your doctor.
3. If your child has any wheezing or trouble breathing, call for emergency help right away. Call 9-1-1 or your local fire department.
4. If you have an EpiPen, use it as directed by your doctor or nurse.

Other Tips and Advice

- Your child's doctor may suggest that you buy a Medic Alert ID bracelet or necklace for your child. Your local pharmacy can tell you where to get one.
- Ask your child's doctor or nurse if your child needs to carry an EpiPen (injectable emergency medicine). (See Helping Hand HH-V-122, *Epinephrine Autoinjector Pens*.)
- For more information on latex, refer to the Spina Bifida Association of America website at www.spinabifidaassociation.org.
- Contact purchasing or materials management for questions on specific latex-containing items within Nationwide Children's Hospital.

If you have any questions, be sure to ask your doctor or nurse, or call _____.

This list provides a guide to some of the most common objects containing latex and offers some alternatives. It is not meant to be a comprehensive listing. **It is required by law that manufacturers must label any medical items that contain natural rubber latex.** ALWAYS CHECK THE PRODUCTS PACKAGING. If in doubt regarding the safety of an item, call the manufacturer.

Frequently contains LATEX	LATEX-Safe Alternatives
Anesthesia: circuits, bags, oxygen masks	Neoprene (Anesthesia Associates, Ohmeda adult), some Vital Signs
Band-aids	Active Strip (3M), CURAD Neon, Readi-Bandages, NHP, Coverlet, some Airstrip, Advanced Healing
Blood pressure cuff and tubing (J&J)	Cleen Cuff (Vital Signs), nylon, some Trimline
Bulb syringe	Some Davol, Medline, RÜSCH, Premium, Baxter
Casts: Delta-Lite Podiatry, Orthoflex (J&J)	Scotchcast soft, Delta-Lites, recent Conformable Caraglas Ultra (J&J), liners (Gore)
Catheters: condom	Clear Advantage, ProSys NL, selected Coloplast, Rochester, PolyTech (Hollister)
Catheters: indwelling & systems, UDS	Some Am BioMed, Argyle, Bard, Cook, Dale, Kendall, Lifetech, Mentor/Coloplast, Rochester, RÜSCH, Vitaid, Adapters & plug (Addto)
Catheters: cardiac, vascular, pulmonary	Some World Medical, Am BioMed
Catheters: straight, coude, foley	Selected RobNel (Sherwood), Coloplast, Bard, RUSCH, Hollister, AstraTech, or Rochester catheters Be sure to check labeling on the box. Individual catheter packages are not always labeled.
Catheters: feeding	Accumark feeding catheter (Sims Portex)
Dressings: Dyna-flex, butterfly closures (J&J), Tensoplast (formerly Elastoplast), Action Wrap, Lyofoam (Acme), Spandage (Medi-tech), Telfa	Duoderm, Reston foam (3M), Opsite, Venigard, Comfeel, Sorbaview, Telfa (some) Xeroform, PinCare, Bioclusive, Montgomery strap (J&J), Webnil, Metalline, Selopor, OpraFlex, Centurion brief, some Airstrips, Rainbow Net (Surgilast), VAC, Warm-up
NOTE: latex in package only: Steri-strip wound closure system, Tegisorb, Active Strips (3M), Nu-Derm (J&J), CURAD	
Ear Plugs	Grainger (5F767)
Elastic wrap: ACE, Esmarch, Zimmer Dyna-flex, Dyna-flex, Elastikon (J&J), Coban (3M)	E-Cotton, CEB elastic (coNco), Champ (Carolon), Adban Adhesive, X-Mark (Avcor), Co-Flex (Tetra), PowerFlex (Andover), Comprilan (Jobst), Esmark (DeRoyal, NHP), 3M™ Coban™ LF Latex Free Self-Adherent Wrap, "CoFlex-AFD" and "Co-Flex NL" by Andover Healthcare
Electrode bulbs, pads, grounding	Some Baxter, Dantec EMG, Conmed, ValleyLab, Vermont Med, Staodyn, Neotrode
Endotracheal tubes, airways	Selected Berman, Mallinckrodt, Polamedco, Portex, RÜSCH, Sheridan, Shiley
Enemas	BabyLax, Enemeez, Bowel Management Tube (MIC), Pharmaseal set, all Fleet Ready-to-Use, cone irrigation set (Convatec), silicone retention cuff tip (Lafayette), Coloplast Cone Tip enema set
G-tubes, buttons	Silicone (Bard, Flexiflo, MIC, RÜSCH, Stomate)
Gloves: sterile, clean, surgical, orthodontic	Allergard (J&J), dermaprene (Ansell), N-DEX (Best), Safeskin Nitrile, Neolon, SensiCare, Tru-touch (Maxxim), Nitrex, Tactyl 1,2 (SmartPractice), Duraprene, (Allegiance Healthcare), Elastyren (Hermal, Center Labs), Boston Medical, Masel, Neotech, Biogel Skin Sense (Regent Medical)
Incentive deep breathing exerciser	Voldyne 5000 (Sherwood David & Geck), Triflo II
IV access: injection ports, Y-sites, bags, pumps, buretrol ports, PRN adapters, needleless systems	Polymer injection caps, burettes and Safsite (Braun), Abbot Systems, Walrus, Gemini (IMED), selected Baxter (InterLink), Statlock, Ready Med, ConMed, Clave, Alaris, Hudson, selected Sims, IV boards (Avcor), Terumo Pumps: Mach II, ADS 100, Clic-Open (vial top remover—Sepha Pharm)

Frequently contains LATEX	LATEX-Safe Alternatives
OR/Infection Control masks, hats, shoe covers	Some by Kimberly Clark, TECNOL, OR and sterile packs (CML, DeRoyal) twill ties
Ostomy supplies	Check with individual companies regarding latex content of products
Medication/Immunization vial stoppers	Some AmRegent, Astra, Bedford Labs, Fujisawa, Gensia, Glaxo, Lilly, Roche. Check the CDC website for up to date information at www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/latex-table.pdf
Miscellaneous items	Soft-Grip fabric clamp covers (Scanlan), Precision Dynamics ID bracelets
Penrose drains	Jackson-Pratt, Zimmer Hemovac
Pulse oximeters, thermometer probes	Nonin oximeters, selected Nellcor sensors, Diatec probe covers
Reflex hammers	Cover with plastic bag, Pedipals
Respirators	Advantage (MSA), HEPA-Tech (Uvex), PFR 95 (Tecnol), 3M 1860
Resuscitators, manual	Certain Ambu, Armstrong, Laerdal, Puriton Bennett, Vital Blue, Respironics, RÜSCH
Skin Adhesives	Mastisol (Ferndale)
Spacer (for metered dose inhalers)	ACE spacer (Center Labs), OptiHaler (HealthScan)
Stethoscope tubing	PVC (some Littman) cover with ScopeCoat or latex-free stockinette (Albahealth)
Suction tubing	PVC (Davol, Laerdal, Mallinckrodt, Superior, Yankauer) Medline, Ballard
Syringes, disposable	Terumo Medical, Abbott PCA Abboject, Norm-Ject (Air-Tite), EpiPen, selected BD syringes, AdvantaJet (Activa)
Tapes: pink, Waterproof (3M), Zonas, Moleskin cloth	Dermicel (J&J), Durapore, Microfoam, Micropore, Transpore (3M) Cath-Strip Molepad, Hytaped Pink, STATtape
Waterproof (J&J), adhesive felt (Acme)	(Genetic Labs), Ice Tape (P.O.Pak), All-Felt (Universal Foot Care), Hypafix
Tonopen disposable covers (glaucoma tester)	None
Tourniquets	Children's Medical, Grafco, VelcroPedic, X-Tourn straps (Avcor), Free-Band (Kent)
Theraband (also strip, tube), other OT supplies	REP Bands and Cords (OPTP), Exercise putty (Rolyan), new Thera-Band Exercisers
Tubing, sheeting	Plastic tubing—Tygon LR-40 (Norton), elastic thread, sheets (JPS Elastomerics)
Vascular/Compression stockings	Compriform Custom (Jobst), Latex Free TEDs, some varieties of Sigvaris

This list provides a guide to some of the most common objects containing latex and offers some alternatives. It is not meant to be a comprehensive listing. **Manufacturers are not required to label home and community products which contain natural rubber.** ALWAYS CHECK THE PRODUCTS PACKAGING. If in doubt regarding the safety of an item, call the manufacturer.

Frequently contains LATEX	LATEX-Safe Alternatives
School/Office/Art supplies: paints, glue, erasers, fabric paints, grips for writing utensils, duct tape	Elmers (School Glue, Glue-All, GluColors, Carpenters Wood Glue, Sno-Drift paste) FaberCastel erasers, Crayola (except stamps, erasers), Liquitex paints, DickBlick tempera, acrylic paints and soap erasers, Play-Doh, Pro-Craft, Clic Eraser, Pentel erasers, pens, and pencils, 3M Post-it Notes, Staedtler Mars Plastic Eraser, masking tape, STATape, Dixon/Ticonderoga Company (Erasers, Wooden Pencils and Art Supplies)
Balloons	Mylar balloons, Mister Balloon, plastic balloons
Balls: Koosh balls, tennis balls, bowling balls, ball pits	PVC (Hedstrom Sports Ball), Nerf Foam Balls, Gertie Balls, Googlie Imperial Toys, AMF Bowling balls
Carpet backing, gym floor, gym mats	Broadloom carpets contain no NRL. For other products, provide barrier cloth or mat.
Chewing gum	Bubblicious, Trident (Warner-Lambert), Wrigley gums (check new products), Bazooka gum, Bubble Yum, Ice Breakers gum
Clothes: liquid appliques on tee-shirts, elastic on socks, underwear, sneakers, sandals	Cloth-covered elastic, neoprene (Decent Exposures, NOLATEX Industries), Buster Brown elastic-free socks (Vermont Country Store)
Condoms, contraceptive sponges, diaphragm	Polyurethane (Avanti), female condom (Reality), Wideseal Silicone Diaphragms (Millex), Trojan Supra Condom, FemCaps
Costumes: masks, face paint, nail polish, etc.	Check all products
CPR manikins and medical training aids	Most Laerdal products
Crutches: tips, axillary pads, hand grips	Cover with cloth or tape
Dental dams, cups, bands, root canal material, orthodontic rubber bands	PURO/M27 intraoral elastics (Midwest Orthodontic), wire springs, sealant (Delton) dams (Meer Dental, Hygenic Corp), John O Butler, Earloop masks (Richmond)
Diapers, incontinence pads, rubber pants	Huggies, First Quality, Gold Seal, Tranquility, Always, Attends, Drypers Diapers (not training pants), Confidence (Paper-Pak), Pampers, Luvs, Seventh Generation Diapers
Feeding nipples	Silicone, vinyl (selected Gerber, Evenflo, MAM, Ross, Mead Johnson)
Food handled with latex gloves	Synthetic gloves for food handling
Handles on racquets, tools, bicycles	Vinyl, leather handles or cover with cloth or tape
Kitchen cleaning gloves	PVC MYPLEX (Magla), cotton liners (Allerderm)
Mattress / pressure relief	Check each one for latex content
Miscellaneous items	Some medical stickers by MediBadge, UAL, Cushie Tushie Potty Seat, Bumbo Seat, Water Pik shower head and hose
Newsprint, ads, coupons, lottery scratch tickets	None
Pacifiers	Soothies (Children's Med Ventures), selected Binky, Gerber, Infa, Kip, MAM
Paints, sealants, stains, etc.	There is NO NATURAL RUBBER in latex paint, though it may be present in some waterproof paints and sealants
Playpits, playground surfaces	Natural rubber latex may be a component of surfaces, Boundless Playgrounds
Rubber bands, bungee cords	Plasti bands
Toothbrushes / infant massager	Soft bristle brush or cloth, Gerber/NUK, all Oral B products
Toys: Stretch Armstrong, old Barbies	Jurassic Park figures (Kenner), 1993 Barbie, Disney dolls (Mattel), many toys by Fisher Price, Little Tikes, Playschool, Discovery, Trolls (Norfin), Silly-putty

Frequently contains LATEX	LATEX-Safe Alternatives
Water toys and equipment: beach thongs, masks, bathing suits, caps, scuba gear, goggles	PVC, plastic, nylon, Suits Me Swimwear
Wheelchair cushions	Jay, ROHO cushions, Sof Care bed/chair cushions (Gaymar)
Wheelchair tires	Recommend using leather gloves
Zippered plastic storage bags	Waxed paper, plain plastic bags, Ziploc bags, Glad Press N' Seal

Associated Allergies

Foods include: banana, avocado, chestnut, kiwi, pear. Plants include: Poinsettia and milk weed pods.

About These Lists

These lists are offered by the Latex Committee of the Nursing and Healthcare Professionals Council of the Spina Bifida Association as a guideline to individuals, families, and professionals. It is updated annually.

The information contained in these lists is constantly changing as manufacturers improve their products and as we learn more about latex allergy.

PLEASE NOTE: The latex content of products may vary between companies and product series. Companies that offer "alternatives" may ALSO make many LATEX products. We recommend that you check with suppliers before exposing individuals with latex allergies to the product.

REMEMBER: Always check the label—even if the product is on this list. If a product has recently replaced latex, many institutions will continue to use the old stock before they replace it with the new.

For More Information

For the most current version of this list, visit the SBA Web site at www.spinabifidaassociation.org.

Online Resources

Spina Bifida Association
www.spinabifidaassociation.org

American Latex Allergy Association/ALERT
www.latexallergyresources.org
Type I Versus Type IV Allergic Reactions: How do they Differ?
www.latexallergyresources.org/Newsletter/newsletterArticle.cfm?NewsletterID=16

Centers for Disease Control and Prevention—latex in vaccine packaging
www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/latex-table.pdf

Decent Exposures
(latex free undergarments)
1-800-524-4949
www.decentexposures.com

OSHA
www.osha.gov/SLTC/latexallergy

American College of Allergy, Asthma & Immunology
www.acaai.org

Center for Disease Control Latex in Vaccine Packaging
www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/latex-table.pdf