



## **Sodium metabisulfite**

Your patch tests show you have a contact allergy to sodium metabisulfite. You should avoid contact with all products containing sodium metabisulfite.

Sodium metabisulfite is a preservative found in some medicated creams, cosmetics, medicines and foods. The most common cause of allergy is from medicated creams. Sodium metabisulfite is used in food products to prevent growth of germs and to prevent discolouration of fresh fruits and vegetables, soft drinks, wine, beer and dried fruits.

It is labelled as E223 when added to foods. However nearly all people with a contact allergy to sodium metabisulfite can eat or drink foods containing E223 without any problems.

If you have an allergy to sodium metabisulfite it is best to avoid related sulfites and bisulfites such as potassium sulfite, potassium bisulfite and sodium sulfite as your skin may react to these too

### **Sodium metabisulfite or related sulfites are found in the following types of products:**

- Steroid creams and ointments -Trimovate and Timodine
- Antifungal creams such as Nizoral, Daktarin Gold cream, Daktarin intensive
- Medicated creams such as Piroxicam gel
- Foam enemas including Pentasa and Asacol
- Cosmetics including fake tanning products, skin lighteners, shampoo, make-up, hair dyes
- Some local anaesthetics, especially those containing epinephrine (adrenaline)
- Eye drops including Betagan and Yellox
- Some injections including gentamicin, morphine, chlorpromazine, dexamethasone, dopamine
- Some medications including Tylex, rifampicin syrup, paracetamol

**In the workplace, sodium metabisulfite is found in:**

- Food and drink manufacturing and handling
- Printing, wood, pulp and paper processing
- Hairdressing products
- Photographic chemicals
- Rubber manufacturing, glass making
- Swimming pool chemicals
- Water and sewage treatment, cleaning and laundry products

**Always check your products as these lists can never be complete and ingredients change**