



Iodopropynyl butylcarbamate (IPBC)

What are the aims of this patient information leaflet?

This leaflet has been written to help you understand more about your contact allergy. It tells you what a contact allergy is, what causes this allergy and what you can do about it.

What is contact allergy?

Dermatitis, also known as eczema, describes a type of inflammation of the skin. Contact dermatitis or contact eczema is a term used when this inflammation is caused by direct or indirect skin contact with something in your environment. Allergic contact dermatitis occurs when your immune system causes allergy to a very specific chemical or substance that has been in contact with the skin.

What causes your specific allergy?

Your [patch tests](#) indicate that you have a contact allergy to **Iodopropynyl butylcarbamate (IPBC)**.

What is Iodopropynyl butylcarbamate (IPBC)?

Iodopropynyl butylcarbamate (IPBC) is a preservative. It is used to prevent the growth of mould, yeast and bacteria in cosmetic products and other household products.

What are some products that contain Iodopropynyl butylcarbamate (IPBC)?

Iodopropynyl butylcarbamate (IPBC) is found in products such as:

- Cosmetics
- Creams/Lotions
- Shampoos/Conditioners
- Other hair products e.g. mousse/gel
- Wet wipes/ facial wipes
- Sunscreens
- Household cleaning products, including wipes
- Paints, varnishes, wood preservatives, cutting oils, other industrial products

Self care (what can I do?)

Check the ingredient listing of product, package or package insert for IPBC. If uncertain if a cream/ointment is safe to use or not, you can perform a repeat open application test (ROAT) by rubbing a small amount of the product on a small patch of skin (2cmx2cm) on the inner side of forearm twice a day for 2 weeks to check if it causes redness or not.

Remember, always check the label, these lists can never be complete and ingredients change.

How can I manage my allergy?

This means that you should avoid putting products containing Iodopropynyl butylcarbamate (IPBC) onto your skin in the future.

You should avoid contact on the skin with products which contain IPBC in the future.

Self-care (what can I do?)

Always check the ingredient listing on the product, package or package insert as these lists can never be complete and ingredients change. This is particularly important for any products purchased outside the EU where some allergens may not be banned.

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