



Patient Information Leaflet

Carba mix

You are allergic to carba mix ie carbamate group of chemicals, used as rubber 'accelerators' (i.e. chemicals used to speed up polymerisation when preparing rubber). They are present in natural and synthetic rubber products. There are also non-rubber sources of exposure.

Most patients allergic to carbamates will have been sensitised by wearing rubber soled shoes or gloves. Usually the rash will have been in the shape of the shoe component but this is not invariable and the rash may be on one foot only. Other sources of exposure include rubber gloves and rubber elastic in underwear.

If sensitised to carbamates in shoes you should wear all-leather shoes with no inner sole (like moccasins), plastic shoes or wooden clogs. If you have difficulty acquiring shoes without rubber insoles, remove the insoles before wearing and replace with those cut from piano felt, cork, or plastic. Old shoes tend to be more allergenic than new, as sweating leaches the carbamate out of the rubber in the shoe. Old socks contaminated with carbamate should be discarded.

If gloves have been the source of sensitisation avoid rubber (latex) gloves and instead use vinyl gloves (PVC). These are widely available e.g. Synsation from Ansell Medical or Tru Touch from Becton Dickinson (01865-748844). If vinyl gloves are unsuitable, try Ansell Dermaprene (neoprene); a thiazole, thiuram, carba and rubber-free variety of glove (contains thioureas).

Safe bandages in leg ulcer patients are those made of Viscose, Polyamide, Elastane and Cotton. Safe compression bandages are Tensopress and Setopress. Bandages with less compression that are safe are Rosidal K and Comprilan and for a tubular bandage use Tubigauz or Tubifast (not Tubigrip) For compression stockings use those made from Lycra or Nylon e.g. Duo-Med.

Sources of carbamates:

Shoes, insoles, gloves
Rubber in underwear, swimwear
Bandages and medical devices
Renal dialysis equipment
Tyres and tubes
Antifreeze, anticorrosive agents
Agricultural insecticides and fungicides
Tick and flea powders and sprays

Sponges, applicators, eyelash curlers
Rubber sheets and pillows
Condoms and diaphragms
Balloons, toys, rubber bands
Cutting oils, greases, detergents
Neoprene adhesives e.g. shoes
Photographic film emulsion
Cements