



Patient Information Leaflet

Sodium Metabisulphite

You are allergic to Sodium metabisulphite.

Sulphites are widely used as antioxidants to control bacterial growth and prevent discoloration by bleaching agents. They are commonly used in fresh fruits and vegetables to prevent browning and in soft drinks, wine, beer and dried foods. They may also be present in swimming pool water.

The most common identified cause of allergy is from topically applied medicaments. AUREOCORT, AUREOMYCIN, LUSTRA, NIZORAL CREAM, TIMODINE and TRIMOVATE should be avoided. It may also be present in certain eyedrops and eardrops, in which case it will be included in the list of ingredients and may be added to chlorpromazine, chlorpheniramine, dopamine and dexamethasone injections.

It may be contained in cosmetics, including false tans, skin lighteners and hair dyes and bleaches- these should be ingredient labelled.

Some individuals may find that eating sulphite- containing foods may worsen their skin condition, but this is not always the case.

Occupational exposure may occur from:

- contact with certain foods and drink in catering (E223)
- contact with some local anaesthetic solutions

Other uses include:

- Textile industry
- Mineral extraction
- Printing
- Photography
- Rubber and chemical manufacture
- Wine-making and brewing

Cross Reactions may occur with other sulphites, eg

- potassium disulphite
- sodium hydrogen sulphite
- sodium sulphite