

# RPA Allergy Unit Medications



To be used in conjunction with the [Diagnostic Elimination Diet Handbook Volume 1](#)

Those products marked with \* require a prescription. Products will be available mostly from pharmacies.

**<< Seek medical advice in relation to medications & use only as directed by a healthcare professional >>**

## NON-DROWSY ANTIHISTAMINES



## DROWSY ANTIHISTAMINES

Oral drops:  
Contains  
benzoate

PAIN RELIEF



## ANTI HISTAMINE EYEDROPS

## ANTI HISTAMINE NASAL SPRAYS

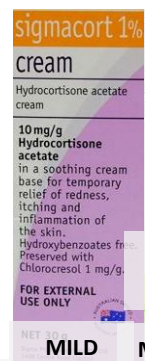
Contains 202

## STEROID NASAL SPRAYS

## HEAD LICE



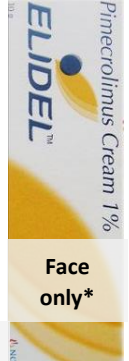
Contains BHT



Contains benzoate

MILD MODERATE POTENT\*

## TOPICAL STEROIDS



Face only\*

## TOPICAL NON STEROID



## NASAL RINSE



## SALINE NASAL SPRAY

NAPPY RASH



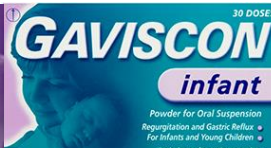
ANTI FUNGAL



Contains sulphites



## CONSTIPATION



## REFLUX

This guide is up-to-date as of February 2021. Please read labels carefully as ingredients may change. Please note that not all additives will be labelled on the packaging, so please check with your healthcare professional.

If you notice a change in formulation, please feel free to email us: [SLHD-RPAAllergy@health.nsw.gov.au](mailto:SLHD-RPAAllergy@health.nsw.gov.au)