

# Your Latex Allergy Check List

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- ☐ Wear Medical Identification Medic Alert indicating '(Severely) allergic to natural rubber latex'

Carry with you at all times:

- ☐ Medications, as prescribed by your allergist in case of an allergic reaction. This may include Epinephrine Auto-Injector (carry 2 doses), antihistamines and salbutamol inhaler.
- ☐ Non-latex gloves
- ☐ Letter from your allergist regarding your latex allergy status
- ☐ Notify the following Care Providers of your latex allergy. **ESPECIALLY** if you are undergoing an **Operation, Internal examination, X-ray procedure or Catheterization** of any kind  
  
Paramedics/ Hospital/ Family Doctor / Nurse Practitioner/ Physician Assistant Nurses / Midwife / Dentist / Dental Hygienist / Dental Assistant / Pharmacist / Radiologist / Specialist/ OBGYN, Chiropractrist Physiotherapist, Occupational Therapist Remind front end reception of your Latex Allergy
- ☐ Remember to also notify and remind your Hairdresser/ Beautician / Employer/ Coworkers / /Garage (servicing) / School / Friends / Relatives/ Daycares
- ☐ Carry a list of your medications prescribed by your Primary Care Team, Specialist(s) or Allergist and include self-selected medications (eg. over-the-counter medications, natural and herbal medicines, vitamins and minerals)
- ☐ Any additional information from your Primary Care Team or Allergist

## **Avoid:**

- ☐ Natural rubber latex gloves, balloons, condoms and other natural rubber products
- ☐ "Hidden" latex on food prepared with latex gloves
- ☐ Lactiferous plants that may have cross reactive proteins
- ☐ Foods with cross reactive proteins to natural rubber (banana, avocado, kiwi, chestnut)

