



Poison HOTLINE

1-800-222-1222

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Did you know

Ordinary kitchen ingredients often used in holiday baking can be harmful in children if directly ingested.

Flavoring and baking extracts including vanilla and almond extract contain large amounts of ethanol and can easily lead to alcohol poisoning in a child.

Oil of Wintergreen is another flavoring agent. The active ingredient is methyl salicylate (a form of aspirin) and can cause aspirin toxicity in a child even in very small amounts.

Practice poison safety with these kitchen items by keeping them out of the reach of children and call the experts at the Iowa Poison Control Center at **1-800-222-1222** if there is an exposure.

Skeletal Muscle Relaxants

Most drugs in this group act as simple sedative-hypnotics that provide indirect skeletal muscle relaxation. These agents can cause generalized CNS depression resulting in lethargy, slurred speech, altered mental status, nausea, vomiting, dry mouth, ataxia, muscle weakness, twitching, and hyperreflexia. With large ingestions, coma and respiratory arrest can occur. There are unique effects associated with several of the skeletal muscle relaxants.

Baclofen:

- Rapid onset with profound CNS, respiratory depression, and seizures.
- Overdose can result in an unresponsive coma and the need for mechanical ventilation lasting 2-3 days. This condition should not be mistaken for brain death.
- Baclofen is being seen with youth recreational drug abuse.

Cyclobenzaprine and Orphenadrine:

- CNS depression and anticholinergic effects (e.g. tachycardia, dilated pupils, delirium, etc.).
- Ventricular dysrhythmias.

Tizanidine:

- A centrally acting alpha₂ agonist that has effects similar to, but weaker than, the effects of clonidine.
- May cause coma, profound hypotension, and bradycardia.

Carisoprodol:

- Serotonin syndrome and seizures.

Dantrolene:

- Direct action on muscle cells by preventing the release of calcium within the cell therefor decreasing the force of muscle contractions.

Other skeletal muscle relaxants include: diazepam, chlorzoxazone, metaxalone, and methocarbamol.

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