

by increasing fluid intake but avoiding diuretics). Otherwise, treatment is supportive with special regard to electrolyte balance, renal function, and control of convulsions. Whole-bowel irrigation should be considered for significant ingestion, but advice should be sought from the National Poisons Information Service.

Stimulant-drug poisoning

Amfetamines

Amfetamines cause wakefulness, excessive activity, paranoia, hallucinations, and hypertension followed by exhaustion, convulsions, hyperthermia, and coma. The early stages can be controlled by diazepam p. 226 or lorazepam p. 228; advice should be sought from the National Poisons Information Service on the management of hypertension. Later, tepid sponging, anticonvulsants, and artificial respiration may be needed.

Cocaine

Cocaine stimulates the central nervous system, causing agitation, dilated pupils, tachycardia, hypertension, hallucinations, hyperthermia, hypertonia, and hyperreflexia; cardiac effects include chest pain, myocardial infarction, and arrhythmias.

Initial treatment of cocaine poisoning involves cooling measures for hyperthermia (see Body temperature); agitation, hypertension and cardiac effects require specific treatment and expert advice should be sought.

Ecstasy

Ecstasy (methylenedioxymethamphetamine, MDMA) may cause severe reactions, even at doses that were previously tolerated. The most serious effects are delirium, coma, convulsions, ventricular arrhythmias, hyperthermia, rhabdomyolysis, acute renal failure, acute hepatitis, disseminated intravascular coagulation, adult respiratory distress syndrome, hyperreflexia, hypotension and intracerebral haemorrhage; hyponatraemia has also been associated with ecstasy use and syndrome of inappropriate antidiuretic hormone secretion (SIADH) can occur.

Treatment of methylenedioxymethamphetamine poisoning is supportive, with diazepam to control persistent convulsions and close monitoring including ECG. For the management of agitation, seek specialist advice. Self-induced water intoxication should be considered in patients with ecstasy poisoning.

'Liquid ecstasy' is a term used for sodium oxybate (gamma-hydroxybutyrate, GHB), which is a sedative.

Theophylline poisoning

Theophylline and related drugs are often prescribed as modified-release formulations and toxicity can therefore be delayed. They cause vomiting (which may be severe and intractable), agitation, restlessness, dilated pupils, sinus tachycardia, and hyperglycaemia. More serious effects are haematemesis, convulsions, and supraventricular and ventricular arrhythmias. Severe hypokalaemia may develop rapidly.

Repeated doses of charcoal, activated p. 866 can be used to eliminate theophylline even if more than 1 hour has elapsed after ingestion and especially if a modified-release preparation has been taken (see also under Active Elimination Techniques). Ondansetron p. 271 may be effective for severe vomiting that is resistant to other antiemetics. Hypokalaemia is corrected by intravenous infusion of potassium chloride p. 623 and may be so severe as to require high doses under ECG monitoring. Convulsions should be controlled by intravenous administration of lorazepam or diazepam (see Convulsions). For the management of agitation associated with theophylline overdose, seek specialist advice.

Provided the child does **not** suffer from asthma, a short-acting beta-blocker can be administered intravenously to

reverse severe tachycardia, hypokalaemia, and hyperglycaemia.

Cyanide poisoning

Oxygen should be administered to children with cyanide poisoning. The choice of antidote depends on the severity of poisoning, certainty of diagnosis, and the cause. Dicobalt edetate p. 866 is the antidote of choice when there is a strong clinical suspicion of severe cyanide poisoning, but it should **not** be used as a precautionary measure. Dicobalt edetate itself is toxic, associated with anaphylactoid reactions, and is potentially fatal if administered in the absence of cyanide poisoning. A regimen of sodium nitrite p. 866 followed by sodium thiosulfate p. 866 is an alternative if dicobalt edetate is not available.

Hydroxocobalamin p. 595 (Cyanokit[®])—no other preparation of hydroxocobalamin is suitable) can be considered for use in victims of smoke inhalation who show signs of significant cyanide poisoning.

Ethylene glycol and methanol poisoning

Fomepizole (available from 'special-order' manufacturers or specialist importing companies) is the treatment of choice for ethylene glycol and methanol (methyl alcohol) poisoning. If necessary, **ethanol** (by mouth or by intravenous infusion) can be used, but with caution. Advice on the treatment of ethylene glycol and methanol poisoning should be obtained from the National Poisons Information Service. It is important to start antidote treatment promptly in cases of suspected poisoning with these agents.

Heavy metal poisoning

Heavy metal antidotes include succimer (DMSA) [unlicensed], unithiol (DMPS) [unlicensed], sodium calcium edetate [unlicensed], and dimercaprol. Dimercaprol in the management of heavy metal poisoning has been superseded by other chelating agents. In all cases of heavy metal poisoning, the advice of the National Poisons Information Service should be sought.

Noxious gases poisoning

Carbon monoxide

Carbon monoxide poisoning is usually due to inhalation of smoke, car exhaust, or fumes caused by blocked flues or incomplete combustion of fuel gases in confined spaces.

Immediate treatment of carbon monoxide poisoning is essential. The patient should be moved to fresh air, the airway cleared, and high-flow oxygen 100% administered as soon as available. Artificial respiration should be given as necessary and continued until adequate spontaneous breathing starts, or stopped only after persistent and efficient treatment of cardiac arrest has failed. The child should be admitted to hospital because complications may arise after a delay of hours or days. Cerebral oedema may occur in severe poisoning and is treated with an intravenous infusion of mannitol p. 143. Referral for hyperbaric oxygen treatment should be discussed with the National Poisons Information Service if the patient is pregnant or in cases of severe poisoning such as if the patient is or has been unconscious, or has psychiatric or neurological features other than a headache or has myocardial ischaemia or an arrhythmia, or has a blood carboxyhaemoglobin concentration of more than 20%.

Sulfur dioxide, chlorine, phosgene, and ammonia

All of these gases can cause upper respiratory tract and conjunctival irritation. Pulmonary oedema, with severe breathlessness and cyanosis may develop suddenly up to 36 hours after exposure. Death may occur. Patients are kept under observation and those who develop pulmonary oedema are given oxygen. Assisted ventilation may be necessary in the most serious cases.