



Medicines to Avoid if You Have a Peanut Allergy

Many people with peanut allergies focus on avoiding peanuts in food, but it's just as important to be cautious with medications. Some medicines contain peanut oil, soybean oil, or arachis oil (which is derived from peanuts), and these can trigger allergic reactions.

Examples of medications that may contain peanut-derived oils and should be avoided include:

- Some contraceptive pills: Desogestrel (e.g., Cerazette, Cerelle)
- Some hormone replacement therapies: Utrogestan
- Ear drops: Cerumol
- Eczema creams: Dermovate
- Nasal creams: Naseptin

It's important to note that not all brands or versions of these medications contain peanut oil—formulations can vary depending on the manufacturer and country.

To stay safe:

- Always check the ingredients list or patient information leaflet.
- Consult your pharmacist or doctor before starting any new medication.
- Inform healthcare providers about your peanut allergy.
- Monitor yourself carefully for any allergic reactions when trying new medicines.
- Always carry your adrenaline auto-injector (EpiPen).
- Seek emergency help immediately if you experience a severe allergic reaction.