



To: Physicians, Nurses, and Other Health Care Providers in the FSM
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Subject: Bleach Update
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- Household bleach (sodium hypochlorite) exposure is a common reason for calls to the Nebraska Regional Poison Center.
- Household bleach typically contains 4% to 6% sodium hypochlorite and up to 0.5% sodium hydroxide with a pH between 11 and 12.
- At these concentrations, bleach acts primarily as a mucosal irritant with ingestion resulting in a burning sensation of the mouth/throat, nausea and vomiting.
- Ingestion of large amounts (usually >5 mL/kg) or more concentrated industrial strength bleach may result in caustic injuries to the GI tract or upper airway.
- Initial treatment is dilution with water (up to 120 mL for children or 240 mL for adults).
- Monitor respiratory status and vital signs. Electrolytes should be checked for large ingestions.
- Symptoms such as drooling, dysphagia, or severe pain suggest more severe caustic injury and endoscopy should be considered.
- Ocular exposures warrant copious saline irrigation, followed by a check of conjunctival pH.
- Following dermal exposure, contaminated clothing should be removed and the skin washed.
- Mixing bleach with acid or ammonia can produce chlorine or chloramine gases.
 - Both gases are mucosal and pulmonary irritants that can result in bronchospasm as well as delayed pneumonitis (24 hours or longer after exposure).
 - Following exposure to these gases, respiratory status, including pulse oximetry, should be monitored.
 - Patients should be given bronchodilators and supplemental oxygen as needed.

Our trained staff of nurse specialists in poison information and physician toxicologists is available 24 hours a day to answer your questions. In the Federated States of Micronesia, health care professionals and the public can reach the Poison Center by calling: 288, wait for an automated operator, then 888-222-4516.