

To: ALL HEALTH CARE PROFESSIONALS

From: Ron Kirschner, MD, Medical Director, Nebraska Regional Poison Center

Subject: Single Use Detergent Sacs (SUDS)

Date: 8/15/14

- Single use detergent sacs (our colleagues in California coined the acronym SUDS) have been popular in the US for a few years.
- SUDS contain concentrated liquid detergent along with surfactants, ethanol, propylene glycol, and other ingredients, enclosed by a membrane that dissolves on contact with water.
 - Brightly colored, soft to touch, and sometimes resembling toys or candy, these products are often attractive to young children.
- According to a recent California study of over 800 cases reported to poison centers, gastrointestinal effects such as vomiting were the most common finding.
- The second most common type of effect involved airway and pulmonary issues.
- Other significant effects included corneal abrasions, CNS depression, and metabolic acidosis.
- For reasons that remain unclear, more severe effects requiring hospital admission appeared to be more common with ALL Mighty Pacs and PUREX Ultrapacks than with TIDE Pods.
- Initial treatment of a pediatric SUDS exposure includes mild dilution (up to 4 ounces or 120 mL of water) by mouth, and irrigation of eyes or skin if involved.
- **Intubation and mechanical ventilation** may be required due to CNS depression or respiratory distress. Endoscopy should be considered for persistent vomiting, drooling, or dysphagia.
- In August, 2013 a 7 month old Florida child reportedly died after a SUDS ingestion.
- Most children with severe effects appear to have had rapid onset of symptoms. Experience with these products is still limited, but a 6 hour observation period is recommended.

References

Huntington S *et al.* Serious adverse effects from single-use detergent sacs: Report from a US statewide poison control system. *Clin Toxicol* 2014; 52: 220.

Mendoza D. Baby dies after ingesting laundry detergent pod, CNN.com, 8/16/13 (accessed 8/14/14).



Our trained staff of nurse specialists in poison information and physician toxicologists is available 24 hours a day to answer your questions and can be reached at 1-800-222-1222.