

**We want to give you the BEST CARE we can and to do this, we need your help!
In order to identify your allergen exposure, please complete the following prior to your visit:**

Given that this is can be a long list of products, please put the products and the ingredients into a word document (.docx) or (.pdf) so the words can be copied and pasted and “searchable.”

1. Please generate a list of *representative personal products*

- Soap (face/body):
- Shampoo: Conditioner:
- Laundry Detergent:
- Moisturizer (face/body):
- Sunblock:
- Other products that come in contact with your rash daily or products that you would like us to review.

For each product, please include the ingredients in a document.

We will review this list and let you know if it contains your contact allergens. If so, we will help you find an alternative, free of your allergens.

When finding the ingredients, please feel free to use Google.

In the search bar, please type in the brand of the product and ingredients:

Example:

If this is your product:

Google: “Free & Clear Shampoo ingredients”

If the ingredients do not appear at the top of the search results, please click on one of the product shopping links: (i.e., Target, Walmart, Sephora, Ultra, CVS, Walgreens, Amazon):



Press: **Control F** (if using Apple/Mac products, use **Command F**)

And type “ingredients”

Please copy and paste into a document in this format:

Free and Clear Shampoo:

Ingredients: purified water, lauryl glucoside, coco glucoside, acrylates copolymer, disodium cocoyl glutamate, sodium cocoyl glycinate, glycerin, sucrose cocoate, panthenol, pentylene glycol, 1 2-hexanediol, sodium cocoyl glutamate, disodium EDTA, caprylyl glycol, sodium hydroxide, sodium chloride

2. **Please generate a list of current prescription medications with their ingredients.**

- * Please provide only **CURRENT** topical prescriptions and oral prescriptions.
- * Please include the name of the provider (and specialty) that prescribes and manages each medication. If your medications contain your allergens, we will coordinate with the respective prescribing provider to find you an allergen free alternative.

In order to obtain the ingredients:

You will need to reach out to your pharmacy to obtain the **“NDC #”** for all current prescriptions, including your topical medications and oral medications.

Each pharmacy uses different NDC#'s for prescriptions.

The NDC# is the National Drug Code.

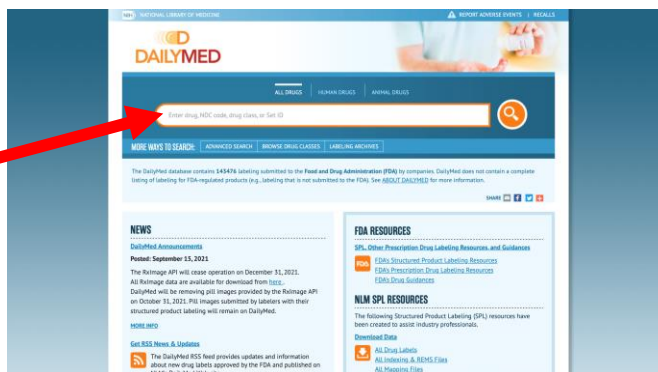
The NDC # is NOT the same as the RX# written on the prescription bottle.

Once you obtain the NDC number please go to Google and type **DailyMed NDC** or use this link:

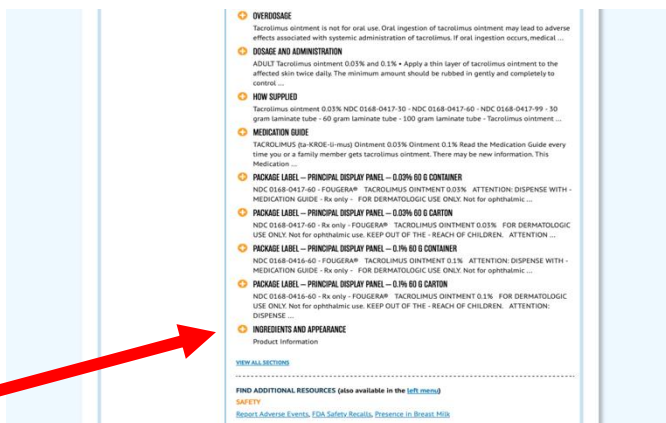
<https://dailymed.nlm.nih.gov/dailymed/>

Topical Rx Example: Tacrolimus 0.1% Ointment

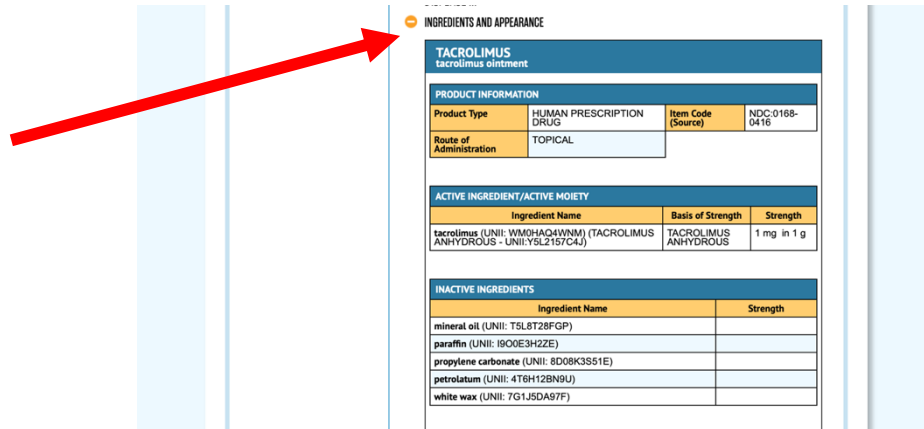
a. In the search bar, insert the NDC: 0168-0415-30



b. Scroll to the bottom, to **the last yellow plus sign (INGREDIENTS AND APPEARANCE):**



- c. Click on **INGREDIENTS AND APPEARANCE** to expand the section. Please Copy and Paste the Active and Inactive Ingredients into a document



INGREDIENTS AND APPEARANCE

TACROLIMUS
tacrolimus ointment

PRODUCT INFORMATION			
Product Type	HUMAN PRESCRIPTION DRUG	Item Code (Source)	NDC 0168-0416
Route of Administration	TOPICAL		

ACTIVE INGREDIENT/ACTIVE MOIETY		
Ingredient Name	Basis of Strength	Strength
tacrolimus (UNII: WM0HAQ4WNM) (TACROLIMUS ANHYDROUS - UNII:Y5L2157C4J)	TACROLIMUS ANHYDROUS	1 mg in 1 g

INACTIVE INGREDIENTS	
Ingredient Name	Strength
mineral oil (UNII: T5L8T28FGP)	
paraffin (UNII: I9O0E3H2ZE)	
propylene carbonate (UNII: 8D08K3S51E)	
petrolatum (UNII: 4T6H12BN9U)	
white wax (UNII: 7G1J5DA97F)	

Example: Tacrolimus 0.1% Ointment (NDC: 0168-0415-30)

ACTIVE INGREDIENT/ACTIVE MOIETY

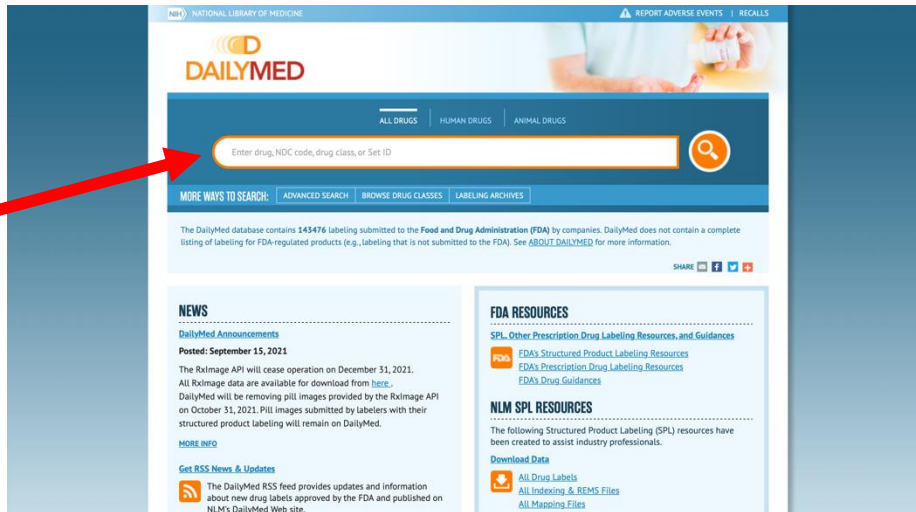
Ingredient Name	Basis of Strength	Strength
tacrolimus (UNII: WM0HAQ4WNM) (TACROLIMUS ANHYDROUS - UNII:Y5L2157C4J)	TACROLIMUS ANHYDROUS	1 mg in 1 g

INACTIVE INGREDIENTS

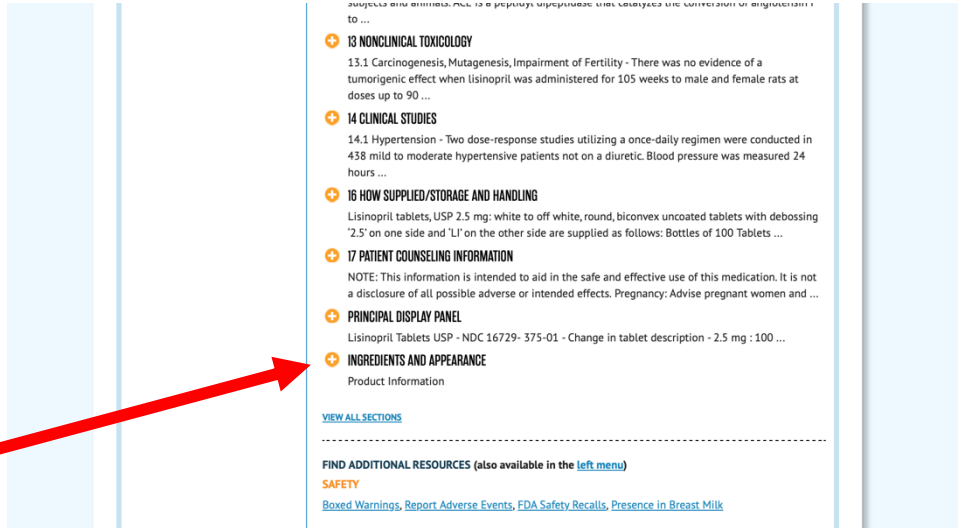
Ingredient Name	Strength
mineral oil (UNII: T5L8T28FGP)	
paraffin (UNII: I9O0E3H2ZE)	
propylene carbonate (UNII: 8D08K3S51E)	
petrolatum (UNII: 4T6H12BN9U)	
white wax (UNII: 7G1J5DA97F)	

Oral Rx Example: Lisinopril 40 mg Tablet

a. In the search bar, insert the NDC: 16729-194-01



b. Scroll to the bottom, to **the last yellow plus sign (INGREDIENTS AND APPEARANCE)**:



- c. Click on the “INGREDIENTS AND APPREARANCE” yellow plus sign to expand the section. **SCROLL TO THE CORRECT DOSE: 40 mg**
 Please Copy and Past the Active and Inactive Ingredients into a document

LISINOPRIL lisinopril tablet			
PRODUCT INFORMATION			
Product Type	HUMAN PRESCRIPTION DRUG	Item Code (Source)	NDC: 16729-199
Route of Administration	ORAL		
ACTIVE INGREDIENT/ACTIVE MOIETY			
Ingredient Name	Basis of Strength	Strength	
LISINOPRIL (UNII: E7199S1YWR) (LISINOPRIL ANHYDROUS - UNII: 7Q3P4BS2FD)	LISINOPRIL	40 mg	
INACTIVE INGREDIENTS			
Ingredient Name	Strength		
STARCH, CORN (UNII: O8232NY3SJ)			
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)			
DIBASIC CALCIUM PHOSPHATE DIHYDRATE (UNII: O7TSZ97GEP)			
MAGNESIUM STEARATE (UNII: 70097M6I30)			
MANNITOL (UNII: 3OWL53L36A)			
PRODUCT CHARACTERISTICS			
Color	white	Score	no score
Shape	ROUND (biconvex)	Size	11mm
Flavor		Imprint Code	40
Contains			

Example: Lisinopril 40 mg Tablet (NDC: 16729-199-01)

ACTIVE INGREDIENT/ACTIVE MOIETY		
Ingredient Name	Basis of Strength	Strength
LISINOPRIL (UNII: E7199S1YWR) (LISINOPRIL ANHYDROUS - UNII: 7Q3P4BS2FD)	LISINOPRIL	40 mg
INACTIVE INGREDIENTS		
Ingredient Name	Strength	
STARCH, CORN (UNII: O8232NY3SJ)		
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)		
DIBASIC CALCIUM PHOSPHATE DIHYDRATE (UNII: O7TSZ97GEP)		
MAGNESIUM STEARATE (UNII: 70097M6I30)		
MANNITOL (UNII: 3OWL53L36A)		

3. Please generate a list of current over the counter medications.

For each product, please include the ingredients in a document.

We will review this list and let you know if it contains your contact allergens. If so, we will help you find an alternative, free of your allergens.

When finding the ingredients, please feel free to use Google.

In the search bar, please type in the brand of the product and ingredients:

Example:

If this is your product:

Google: “Nature Made Vitamin C 500 mg Tablet ingredients”

If the ingredients do not appear at the top of the search results, please click on one of the product shopping links. (CVS, Walgreens, Target, Walmart, Amazon usually are the best to copy and paste from):



Press: **Control F** (if using Apple/Mac products, use **Command F**)

And type “ingredients”

Please copy and paste into a document in this format:

** Please include the Brand Name (i.e., Nature Made), Dose (i.e., 500 mg), and type of pill (i.e., Tablet, Gel cap, Capsule, Soft gel, Gummy)*

Nature Made Vitamin C 500 mg Tablet:

Ingredients: Dicalcium Phosphate, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Hypromellose, Magnesium Silicate, Silicon Dioxide, Triacetin



Lynn Baden, MD
Steven P. Smith, MD
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Wellesley, MA 02481
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www.dermandskincare.com
contactderm@dermandskincare.com

Name: _____ DOB: _____

Products:

1. Soap (face/body):

Brand name

Ingredients:

2. Shampoo:

Brand name

Ingredients:

3. Conditioner:

Brand name

Ingredients:

4. Laundry Detergent:

Brand name

Ingredients:

5. Moisturizer (face/body):

Brand name

Ingredients:

6. Sunblock:

Brand name

Ingredients:

Other:

Example:

Shampoo:

Free and Clear Shampoo:

Ingredients: purified water, lauryl glucoside, coco glucoside, acrylates copolymer, disodium cocoyl glutamate, sodium cocoyl glycinate, glycerin, sucrose cocoate, panthenol, pentylene glycol, 1 2-hexanediol, sodium cocoyl glutamate, disodium EDTA, caprylyl glycol, sodium hydroxide, sodium chloride



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Name: _____ DOB: _____

Topical Prescriptions:

(Prescription, Strength, Type – ointment/cream/gel) (NDC xxxx-xxxx-xx):

Ingredients:

Example:

1. Tacrolimus 0.1% Ointment (NDC: 0168-0415-30):

Ingredients: mineral oil, paraffin, propylene carbonate, petrolatum, white wax



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Name: _____ DOB: _____

Oral Prescriptions:

(Prescription, Strength, Type – tablet/capsule) (NDC xxxx-xxxx-xx):

Ingredients:

Example:

1. Lisinopril 40 mg Tablet (NDC: 16729-199-01)

Ingredients: Corn starch, silicon dioxide, dibasic calcium phosphate dihydrate, magnesium stearate, mannitol



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Name: _____ DOB: _____

Over the Counter Medications:

(Brand, Medication, Strength, Type – tablet/capsule/gummy)

Ingredients:

Example:

1. Nature Made Vitamin C 500 mg Tablet:

Ingredients: Dicalcium Phosphate, Stearic Acid, Croscarmellose Sodium, Magnesium Stearate, Hypromellose, Magnesium Silicate, Silicon Dioxide, Triacetin