



Oklahoma Center for
Poison & Drug Information

(800) 222-1222

POISON
Help
1-800-222-1222



If you have questions about **E-liquid** please don't wait for symptoms to appear!

Call 1-800-222-1222.

Specially Trained pharmacists and nurses are available 24/7 to assist you with your emergency and answer your questions!

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Oklahoma Center for Poison and Drug Information website:

Oklahomapoison.org

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E-Liquid

Health concerns for the use of E-liquid

E-liquid, also known as e-juice, is the liquid that produces the vapor in electronic cigarettes.

E-Liquid has four main ingredients: propylene glycol, vegetable glycerin, flavoring and nicotine. Both adults and children can be poisoned by touching or swallowing liquid nicotine.

The primary concern with e-liquid is the amount of nicotine it contains, which can vary from 0 mg/mL to 36 mg/mL. As these products are not currently regulated by the FDA, the concentration of nicotine listed on each individual bottle may not be accurate.

- If swallowed, one teaspoonful (5mL) of 36 mg/mL e-juice would result in the absorption of up to 180 mg of nicotine. That is equivalent to smoking 90 cigarettes.
- The packaging may not be child-resistant.
- E-liquid often is colorful, scented and flavored, which makes it attractive to children.
- Warning labels may be inadequate or nonexistent.

- There are few studies on the human effects of long-term exposure to inhalation of propylene glycol vapor.
- E-liquid is not regulated by federal authorities.

Symptoms of exposure

In studies of pediatric exposures (poisonings) due to nicotine, children who experienced severe toxicity (including seizures, coma, respiratory depression and low blood pressure) the amount of nicotine ingested was 1.4 to 1.9 mg/kg. **For a 22-pound child, that is equal to 1 teaspoonful of (24mg/mL) e-liquid.**

Symptoms of toxicity may include red hot skin, drooling, dizziness, nausea, headaches, vomiting and shortness of breath.

Human exposures

Poisonings reported to the Oklahoma Center for Poison and Drug Information:

- 2011: 8
- 2012: 12
- 2013: 77
- 2014: 156
- 2015: 131