



**RCEM**  
Royal College  
of Emergency  
Medicine

# Safety Flash

Updated: June 2025

## Glycerol Toxicity from Slushies



**Can present with nausea, abdominal pain, headache, drowsiness, seizure or decreased GCS with profound hypoglycaemia**

Glycerol adds sweetness and helps slushy ice drinks keep their consistency

**Just one slushy in a child <16kg can result in toxic levels**

- Take a thorough history & manage ABCs
  - Symptoms usually occur within 1 hour of slushie consumption
- **Check blood sugar**
- *Follow local trust protocol for metabolic screening of hypoglycaemic children*
- **Treat hypoglycaemia with 2-3ml/kg of 10% dextrose bolus & maintenance infusion, as per ALS/APLS**
- Check blood sugar every 5 mins until >4 mmol/l
- Refer to Paediatrics/PICU for admission
- Check a gas (lactic acidosis) & consider urine for glycerol levels
- Consider reporting to Toxbase, FSA or FSS

[Complete TOXBASE's Product of High Interest reporting questionnaire](#)

[Report a food safety incident | Food Standards Agency](#)

Glycerol intoxication syndrome in young children, following the consumption of slush ice drinks | Archives of Disease in Childhood

**For Safety Alerts and RCEM issued Safety Flashes see:**

**<https://rcem.ac.uk/safety-3/>**