

Type of Medication	AVOID These Medications	Typically Tolerated Medications (administer with caution!)	My Safe Medications
General	Avoid medications or IV preparations containing preservatives, alcohol/ethanol, artificial colorings, dyes, flavorings. Avoid anticholinergic drugs, if possible. Avoid vasodilators (nitric oxide, nitroglycerin, hypotensive agents etc) Amphotericin B Dextran Decongestants, cold or flu medications, such as Dextromethorphan Quinine Alpha- & Beta-adrenergic blockers Catecholamines Sympathomimetics (Isoproterenol) Compazine or Reglan SSRIs Prucalopride/Motegrity	Epinephrine Benzodiazepines (I've reacted to most benzos) Doxepin should only be used at very low doses. Lactated ringers (avoid, if possible).	B. Braun <i>Excel</i> normal saline. Alcohol prep pads Povidone-iodine Prednisone Hydrocortisone Albuterol Lovastatin Levothyroxine Liothyronine Gamunex-C Nystatin Fluconazole Midodrine
Pain Medications	Aspirin Morphine & derivatives (codeine etc.) Fentanyl (can be considered, if no other choice) Opioids/ narcotics Non-steroidal anti-inflammatory drugs (NSAIDS)	Tylenol Tramadol	Tylenol
Muscle Relaxants	Avoid histamine-releasing agents and muscle relaxants in the Curare family, such as Tracrium and Mivacurium Atracurium Doxacurium Rocuronium D-tubocurarine Metocurine Succinylcholine (Anectine)	If muscle relaxants must be used, start with ¼-½ the usual dose. Consider using "nondepolarizing" muscle relaxants, such as Pancuronium or Vecuronium. Possibly: Baclofen, Tizanidine (had minor breathing reactions, monitor carefully)	
Local Anesthetics	Avoid local anesthetics with preservatives or epinephrine. Procaine Chloroprocaine Tetracaine Benzocaine	Mepivacaine Prilocaine Bupivacaine Levobupivacaine Ropivacaine Lidocaine	Xylocaine-MPF 2% Methylparaben-free cutaneous injection
Inhaled Anesthetics	Halothane Enflurane Isoflurane Desflurane	Sevoflurane	
Induction Agents and other Anesthetic Medications	Avoid histamine-releasing anesthetic agents. Sodium Pentothal or other thiobarbituates (Thiamylal, Thiobarbital etc.)	Ketamine Midazolam Diprivan (propofol) Versed (midazolam) Droperidol Aprepitant (Emend) Ondansetron (Zofran) Diazemuls	
Antibiotics	Vancomycin Polymyxin B	Clindamycin Cephmandole Azithromycin Keflex Omnicef Beconase AQ Biaxin (eg. Clarithromycin) Rhinocort	Xifaxan, brand name
Anti-histamines	Avoid anticholinergic drugs, if possible, such as Hydroxyzine and Cimetidine	Atarax (Hydroxyzine) should only be used in an emergency. It can cause heart palpitations and arrhythmias.	Benadryl, dye-free caps Loratadine Pepcid brand 20mg (no dye) Olopatadine (Patanase)

