

COAST ALLERGY/ASTHMA CENTER

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Patient Instructions

Medications That Affect Skin Testing

- Vitamin C in large doses and antihistamines can compromise the accuracy of skin testing for allergies.
- It is important that you be free of Vitamin C for 5 days prior to allergy testing.
- It is important that you be off the following prescription and non-prescription medications prior to allergy testing for the time frame indicated below.

| Medication: | Time Needed off: |
|--|-------------------------|
| Clarinox, Alavert | 3 Days |
| Claritin, Loratadine | 3 Days |
| Allegra, Fexofenadine | 3 Days |
| Hydroxyzine (Atarax, Vistaril) | 5 Days |
| Zyrtec | 5 Days |
| Astelin Nasal Spray | 3 Days |
| Tricyclic Antidepressants: Doxepin, Adapin, Deptran, TriAdapin, Sinequan | 3 Days |
| OTC Menstrual Medications: Midol, Pamperin, etc. | 3 Days |
| OTC Antihistamines: Benadryl/Diphenhydramine, Tylenol Allergy, Chlor-Trimeton, Chlorpheniramine | 3 Days |
| Rx Antihistamines: Deconamine, Phenergan, etc. | 3 Days |

- You may continue to take the following: Plain decongestants, nose sprays (except Astelin Nasal Spray) eyedrops, prednisone and asthma medications and inhalers.
- You must continue medications for blood pressure, diabetes, high cholesterol, hormones, arthritis and reflux.
- If you have any questions, please call the office (503) 325-7546.