***TREATING THE COMMON COLD DURING PREGNANCY***

Reference: Motherisk

1. Analgesics

Use for achiness, fever

☺Acetaminophen (Tylenol) okay to use

*AVOID: NSAIDS such as ASA (acetylsalicylic acid or aspirin), ibuprofen (advil, motrin, etc)*

1. Cough Suppressants

To suppress a persistent cough

Dextromethorphan (DM) is commonly found in OTC cold medications. There is no known association between this drug and birth defects.

1. Decongestants

To help decrease stuffy nose

Inhaled decongestants are considered relatively safe during pregnancy (such as Xylometazoline and oxymetazoline) but the research is limited! Also, over time this can make your stuffy nose even worse.

*AVOID: pseudoephedrine and phenylephrine as they can affect your blood pressure and in some studies there was a slight increase in birth defects*

1. Antihistamines

For sneezing, itching

Diphenhydramine (Benadryl) and chlorpheniramine : no known increased risk of malformations with use in pregnancy

1. Expectorants

To help clear mucous from lungs

No known increased risk of major malformations with Guaifenesin

☺Only use these if necessary. The safest for baby is rest, lots of fluids and controlling any fever with acetaminophen.

☺Rememeber, any of these medications should only be used in the short term as long term safety data does not exist.

☺Please read the labels carefully!