



Cold and Flu during Pregnancy

- Pregnant women may be more susceptible to common colds. Practice good hand hygiene and stay hydrated. If you get common cold symptoms, you can try nasal saline spray, cough drops, throat lozenges, nasal lavage and these over the counter medications.
- It is okay to take:
 - Tylenol
 - antihistamines (diphenhydramine/Benadryl, doxylamine, cetirizine/Zyrtec, loratadine/Claritin)
 - guaifenesin (Mucinex)
 - dextromethorphan (Delsym, Robitussin)
 - chlorpheniramine (Robitussin)
 - Some medications, like Tylenol Cold and Sinus, will combine these medications.
- If your cold is not improving, please contact your primary care doctor or go to an urgent care.
- Discuss with your provider prior to taking pseudoephedrine or phenylephrine, especially if in first trimester or having blood pressure issues.
- It is not recommended to take Nyquil products with alcohol when pregnant.
- Flu: Contact us if you or someone in your household has been diagnosed with the flu. We do recommend receiving the flu shot every year, especially when pregnant. Pregnant women should not receive the nasal spray flu vaccine which is a live virus vaccine.
- Nasal stuffiness and drainage are very common symptoms in pregnancy. Many women with no prior allergies often complain of these symptoms during pregnancy only. Try to avoid your allergy triggers and stay away from people who smoke. Many over-the-counter antihistamines are safe to use including Benadryl, Zyrtec, and Claritin. Please contact us if you have been prescribed an allergy medication and we will check the safety for you.
- Commonly prescribed antibiotics such as Keflex, Penicillin/Amoxicillin, and Z-pack/Zithromax are considered safe in pregnancy.
- Fever: If you have a fever of 100.4 F or higher please notify us. Take Tylenol and increase your fluids. If the fever is related to an upper respiratory infection, you may need to see your primary care doctor or urgent care.