



COLDS IN PREGNANCY

Most patients will happen to get a cold sometime during their pregnancy. Patients are often quite miserable with their symptoms and want to take medications to feel better. Most colds are caused by viruses and will not get better any more quickly with antibiotics. Unnecessary antibiotics can be dangerous and cause serious side effects. We do not prescribe antibiotics for uncomplicated colds.

We do treat the symptoms to help you feel better. It is very important to get plenty of rest. Stay home from work and rest as much as possible. Fluids are very important to help loosen up congestion (stuffy nose and dry cough), so try to drink at least eight large (8oz.) glasses of liquid every day.

Many over the counter cold medications are safe to use during pregnancy, but some are not and should be avoided. You should only take the medications that we suggest, and follow all directions on the medication package. All of these medications can be taken separately or together.

- **Tylenol** (or its generic), can be used to treat body aches, fever, headache, sore throat, and other painful discomforts.
- **Robitussin DM** (or its generic), containing only guaifenesin and dextromethorphan hydrobromide, can be taken for a cough.
- Plain **Sudafed** (or its generic), containing only pseudoephedrine hydrochloride, can be taken for a stuffy or runny nose, but may keep you awake.
- Plain **Benadryl** (or its generic), containing only diphenhydramine hydrochloride, can be taken for a stuffy or runny nose as well, but may make you sleepy.

You should call your primary care physician immediately if your temperature goes over 102 degrees, if your temperature is over 100.5 degrees for more than 2 days, if you have difficulty breathing, if your phlegm or nasal secretions are green in color, if your cold seems much worse than colds you have experienced in the past, or if your cold does not get better within a week.

Be sure your primary care physician knows you are pregnant before treating you. If you cannot get in touch with your primary care physician, call us. If you have questions or concerns, feel free to call us anytime.