

Valley Women's Clinic

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Treatment for Colds and Allergies while Pregnant

***Please read this and tape it to your refrigerator!
This will save you a phone call to our office!***

Colds are miserable things, even at the best of times, but there are increased concerns during pregnancy.

Many things can relieve symptoms at home, sometimes eliminating the need for an office visit.

- ♣ Cool mist vaporizer/humidifier at night. This moistens the air you breathe to keep secretions flowing. Vicks VapoRub helps to open nasal passages.
- ♣ Saline gargles (1 teaspoon salt in 1/2 cup warm water) every 4 hours while awake cuts the mucus in the back of the throat and relieves mild soreness
- ♣ Any brand of saline nose drops at bedtime and on arising in the morning helps moisten secretions
- ♣ You may use the following medications if for relief of your symptoms:
 - Tylenol (plain) - 2 tablets every 4 hours if necessary for aches (maximum 6 in 24 hours)
 - Sudafed in moderation (Please do not use if you have high blood pressure)
 - Cepocal throat lozenges for sore throat
 - Afrin nose spray, however do not use for more than three days
 - Flonase nasal spray
 - Claritin over the counter allergy relief medication
- ♣ Oral temperature twice daily - call if greater than 100.4 degrees Fahrenheit
- ♣ Coughing can be relieved with 1-tsp. honey with 2 - 3 drops of lemon juice. Hold in mouth until honey thins then swallow. If coughing interrupts sleep or causes vomiting, call your doctor.
- ♣ Force fluids (especially water) to 2 quarts a day
- ♣ Get extra rest, if possible

We hope these suggestions will help you live more comfortably while you recover from a common cold. As always, if you have any questions, please call our office.