



Top Five Cold Remedy Tips During Pregnancy:

- Less is more. Expectant mothers should only take medications needed for their specific symptoms. Several cold remedies contain 3-6 ingredients, some of these are not needed for the mother or unborn child. For example, if your symptom is a cough, do not take a combination medication that includes a nasal decongestant.
- Alternatives to Oral Decongestion. Although most investigations examining oral decongestants during pregnancy indicate that they are suitable for use during the first trimester, mothers should stay away from them in the first trimester because of potentially very low risk of vascular issues in the fetus. Saline drops or a short-term nasal spray decongestant should be considered as an alternative.
- Herbal Ingredient. Pregnant women should watch out for herbal ingredients in several over-the-counter medications as they have probably not been researched in pregnancy.
- Vitamin and Throat Lozenges Overload. Throat lozenges primarily contain sugar, although some may contain ingredients, such as vitamin C or zinc. During pregnancy the daily allowance of vitamin C is 80-100 mg per day and only 11 mg of zinc per day.
- Alcohol and Cough Syrups. Get an alcohol-free cough syrup as some can contain up to 10% alcohol, exposing the unborn child to alcohol on top of the other medications.