



THE GUIRGUIS OBSTETRICS & GYNECOLOGY GROUP OF BROOKLYN

Wondering how to treat a cold while pregnant? We can help with that....

Certain *tried-and-true* cold treatments that can be trusted while pregnant:

- getting plenty of rest
- drinking lots of fluids
- gargling with warm salt water for a sore throat or cough

A few home remedies include:

- saline nasal drops and sprays for loosening nasal mucus and soothing inflamed tissue
- breathing warm humid air to loosen congestion
- Chicken soup – helps relieve inflammation and soothe congestion
- adding honey or lemon to a warm cup of decaffeinated tea
- elevating your head to sleep better
- using hot or cold packs to alleviate sinus pain

***What about medications??* Several medications are considered safe in pregnancy:**

- Robitussin (dextromethorphan)
- Vicks plain cough syrup
- Vicks or other menthol rub on your chest, temples, and under the nose
- Nasal strips (sticky pads that help open congested airways)
- Halls cough drops or cepacol lozenges
- Tylenol (acetaminophen) for aches, pains, and fevers
- cough suppressant at night
- expectorant during the day
- Mylanta, Tums, or similar medication for heartburn, nausea, or upset stomach

Although most colds don't cause problems for a pregnant mother and baby, **the flu (Influenza) should be taken more seriously.** Please contact our office or get immediate help if you experience the following symptoms:

- dizziness
- difficulty breathing
- chest pain/pressure
- confusion
- muscle aches
- severe vomiting
- fever not improved with Tylenol

The CDC recommends that pregnant women with flu-like symptoms be treated with anti-viral medications.

Things you can do to reduce your risk of getting sick:

- wash your hand often
- get enough sleep
- eat a healthy diet
- avoid close contact with sick friends or family
- GET YOUR FLU VACCINATION!**

***** Pregnant women are more likely than non-pregnant women their age to experience complications of the flu. Getting a flu vaccine reduces the risk of infection and complications. The CDC and American College of Obstetrics and Gynecology recommend all pregnant women get the influenza vaccine in any trimester for their own health and the health of their child. The flu vaccine can protect babies for up to six months after birth!*****