



Cold Medications During Pregnancy

We are frequently asked what pregnant women can take for a cold or virus. Most medications that are felt to be safe during pregnancy have not been carefully studied. The information that is available about medication use in pregnancy is based on experience rather than research. For this reason, it is always wise to avoid taking any medications during pregnancy unless absolutely necessary.

The following ingredients of common over-the-counter cold medications are probably safe in pregnancy:

acetaminophen	doxylamine
chlorpheniramine	dextromethorphan
diphenhydramine	guaifenesin
<i>doxylamine**</i>	brompheniramine

*****This medication can increase blood pressure, so it should NOT be used if you have blood pressure problems.***

These common brands contain one or more of the above ingredients:

1. Tylenol
2. Tylenol Cold Medication (***NO DROWSINESS FORMULA***)
3. Multi-Symptom Formula Tylenol Cold Medication
4. Multi-Symptom Tylenol Cold Severe Congestion (caplets)
5. Maximum Strength Tylenol Sinus (gel tabs, gel caps, caplets, and tablets)
6. Tylenol Severe Allergy medication (caplets)
7. Tylenol Allergy Sinus Night time (caplets)
8. Maximum Strength Tylenol Allergy Sinus (caplets, gel caps, gel tabs)
9. Maximum Strength Tylenol Flu Medication (***NO DROWSINESS FORMULA***)
10. Maximum Strength Tylenol Flu Night Time Medication (gel caps)
11. Maximum Strength Tylenol Flu Night Time Hot Medication Packets
12. Maximum Strength Tylenol Flu Night Time Liquid
13. Comtrex Maximum Strength Multi-Symptom Cold & Cough Relief (tablets, caplets, liquid gel and fluid ounce)
14. Comtrex Maximum Strength Multi-Symptom Acute Head Cold & Sinus Pressure Relief Tablets
15. Sudafed 12 Hour Tablets
16. Sudafed 24 Hour Tablets (non drowsiness)
17. Sudafed Nasal Decongestant Tablets
18. Sudafed Cold & Allergy Tablets
19. Sudafed Cold & Cough Liquid Caps

20. Sudafed Cold & Sinus Liquid Caps
21. Sudafed Non-drying Sinus Liquid Caps
22. Sudafed Severe Cold Formula (caplets & tablets)
23. Sinutab Sinus Medication Maximum Strength (***NO DROWSINESS FORMULA***)
24. Sinutab Non-drying Liquid Caps
25. Sinutab Sinus Allergy Medication, Maximum Strength Formula (tablets & caplets)
26. Robitussin Cold & Cough (liquid-gels)
27. Robitussin Cold, Cough & Flu (liquid-gels)

There are other generic and brand name over-the-counter cold medicines that contain these ingredients. Learn to read the “active ingredients” section of any over-the-counter medication.

For a stuffy nose, try a saline spray like Ocean Nasal Mist. Other nose sprays or drops like Afrin contain a medication that can cause rebound stuffy nose (the stuffiness gets worse when you stop the medication), and will increase your blood pressure.

For a sore throat, a lozenge or cough drop is best. Ice chips and cool liquids are also soothing. Acetaminophen (Tylenol) is safe.

You should report the following symptoms to your doctor:

- § High fever (over 102°)
- § Persistent nausea, vomiting or diarrhea (over 24 hours)
- § Severe headache
- § Any concerns regarding the pregnancy (contractions, etc.)

During any illness bed rest and extra fluids are important.

Please call our office if we can be of any further assistance.

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