

stay-healthy guide

babytalk
mom-to-be

cold/flu

treatment

Most ob-gyns give out a list of approved medicines for treating cold and flu symptoms, which may include Tylenol Sinus, Dimetapp, Drixoral, Robitussin and Chloraseptic throat spray. (**Sudafed should be avoided** during the first trimester.)

headache

Acetaminophen (Tylenol) is fine to take, but avoid aspirin and ibuprofen (Advil, Motrin, Aleve) as they can affect fetal circulation. **If you get migraines**, speak with your doctor before taking any medication.



diarrhea/stomach bug

Pepto-Bismol may help with a number of ailments (nausea, upset stomach); Kaopectate and Imodium AD are fine to take as well. You can also **stop taking your prenatal vitamin** for a couple of days (they tend to make women nauseous anyway).



Flat decaf soda, water, **Popsicles**, and crackers may ease nausea. "Drink a lot of liquids to **avoid dehydration**," says Sharon Phelan, M.D., professor of ob-gyn at the University of New Mexico School of Medicine in Albuquerque.



allergies/asthma

Continue allergy shots under your doctor's supervision, but don't begin them for the first time now. Chlortrimatron, Benadryl, and Claritin are believed to be safe. **Stick to your asthma action plan**; inhaled treatments are preferred over oral ones. Primatene Mist isn't recommended.



Avoid **pet dander, dust, pollen, mold, smoke**, and temperature changes. Nasal rinses and steroid sprays can flush out irritants.



depression

Treatment of depression is essential for the health of both you and your baby. **Several safe medications are available** (talk to your doctor about the risks, if any, of certain drugs and to find the one that's best for you). Counseling can be effective, too.

Some cases of mild to moderate depression or anxiety may not require medication—**cognitive therapy may work well**.



what else may help

Get lots of rest and drink fluids. "A cold or the flu can last a week, but you should start to feel a little better after the first couple of days," says Hal Lawrence, M.D., clinical professor of ob-gyn at the University of North Carolina School of Medicine in Chapel Hill.



call the doctor...

If you're feeling more achy than when it started, **if your temperature has been over 102°F** for a few days, or if you have greenish mucus, your illness may be bacterial, requiring antibiotics.

If your headaches or migraines persist or don't improve after a couple of days. Also call your health care provider if you have bad headaches or migraines on a consistent basis; later in pregnancy, they can be a warning sign of high blood pressure.

If you can't keep anything down, including water, for **more than 24 hours**; if you have a fever; or if you have any of the signs of dehydration (dizziness, fainting, weakness, and fatigue).

If your usual medications don't seem to be working or **you start to feel worse than usual**. Also call your health care provider whenever your asthma action plan indicates you should do so.

If medication doesn't help or **you just need to talk to someone**. "There's a universal belief that pregnancy is joyful, but that's not always the case," says Lee Cohen, M.D., director of the Center for Women's Mental Health at Massachusetts General Hospital.

new moms say...

"To soothe my aching bones when I had a cold or the flu, I cranked up the heated seats in my car while driving—or even just when I sat in the driveway."
—Melissa Kingsland, Amesbury, MA



"Tylenol didn't really work for me, so I'd lie down in a dark room with a **hot or cold compress over my head** instead. It eased the pain and helped me fall asleep."
—Lindsey Coffman, Springfield, MO



"My doctor said **fluids were most important** when I was throwing up, and that the baby and I would be fine if we didn't eat much for a couple of days."
—Jennifer Paquette, Johnson, VT



"**Benadryl is a lifesaver** for allergies. It helped me sleep at night and was safe for the baby."
—Amanda Donehew, Knoxville, TN



"I suffer from constant panic/anxiety disorder and I take Klonopin. I was told 3 mg a day is safe, though I was able to cut back to 1 1/2 mg and felt fine."
—Heather Ustaitis, Worcester, MA

