

# Cold Remedies

OK to use while pregnant

## Day

### Stuffy Nose:

- Saline Nasal Spray → "ocean"
- Dristan Nasal spray

### Cough:

- Mucinex
- Robitussin (regular strength)
- \* both are expectorants that will help you have a more productive cough.

### Headache/Pain:

- Acupuncture helps prevent and treat migraines
- Water!
- Tylenol (regular strength)
- Excedrin Migraine → safe to take only up to 24 wks of pregnancy.

## Night

- Sudafed → only if your nose is just running all night long...draining on your pillow.
- Robitussin DM → cough suppressant to take if coughs are keeping you awake.
- Vicks vapor rub
- Humidifier
- Benadryl (25mg) → may make you drowsy, therefore will help you sleep better.

## Other Good Choices

- Vitamin C
- Echinacea without Goldenseal
- ZICAM
- Increase Fluids
- Increase rest
- And good old chicken noodle soup!

## Not ok to use

- Afrin
- Aspirin
- Ibuprofen
- Aleve
- Airborne → no evidence supporting safety in pregnancy, therefore best if avoided.

## *\*Reminder\**

*These medications are all safe to use while you fight your cold. If symptoms do not get better on these medications, if you start to feel worse, or develop a fever please contact us. We may refer you to your Primary Care Physician. We do not want you developing an infection or using these medications over long periods of time.*