



San Gabriel Valley Perinatal Newsletter

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Treatment of Cold Symptoms During Pregnancy

Rhinoviruses and coronaviruses cause most colds during the fall and winter. Symptoms often include nasal obstruction, discharge, sneezing, sore throat, cough and headache. A low grade fever may be present, but fever to as high as 102° F can also occur. Symptoms lasting for more than two weeks are more likely to be caused by allergies rather than a cold.

General Measures

Fever should always be treated in the pregnant patient with acetaminophen. All patients should be encouraged to drink extra fluids. A cool mist vaporizer may help to relieve congestion.

Over the Counter (OTC) Cold Remedies

If the patient wishes to use over-the-counter medications to address symptoms the following may be safely recommended:

| Symptom | Drug |
|---|---|
| Hayfever, sneezing, runny nose, itchy watery eyes | Chlorpheniramine (Chlortrimeton ®) Diphenhydramine (Benadryl ®) Clemastine (Tavist Allergy ®) |
| Nasal congestion | Pseudoephedrine (Sudafed ®)* |
| Cough | Dextromethorphan (Robitussin DM Sugar free ®) |
| Headache or fever: | Acetaminophen (Tylenol ®) |

For multiple symptoms the combination medications below may be used. However, the patient should attempt to limit medications to treat specific symptoms when possible.

Nasal congestion, sneezing, runny nose, itchy watery eyes

- Actifed Cold and Allergy ®
Ingredients: Pseudoephedrine ,Triprolidine

Nasal congestion, sneezing, runny nose, itchy watery eyes, fever, and headache

- Actifed Cold and Sinus ®
Ingredients: Acetaminophen, Chlorpheniramine, Pseudoephedrine.

Sinusitis

Colds occasionally lead to secondary bacterial infections of the sinuses, requiring treatment with antibiotics. Sinusitis with purulent nasal drainage and facial pain lasting for more than 7 days may be treated with:

Amoxicillin 2-3.5g/d x 7-10d

For penicillin allergic patients:

Azithromycin (Zithromax ®) 500mg PO x 1, then 250mg PO qd x 4d (Z-Pak) OR

TMP-SMX (Bactrim, Septra ®)* 1 DS PO bid x 7-10d

***Avoid in first trimester.**

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Patient Instruction Sheet

General Measures

Fever should always be treated with acetaminophen (Tylenol ®). You should drink extra fluids. A cool mist vaporizer may help to relieve congestion.

Over the Counter (OTC) Cold Remedies

If you wish to use over-the-counter medications to address symptoms the following may be safely recommended:

| Symptom | Drug |
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Nasal congestion, sneezing, runny nose, itchy watery eyes, fever, and headache

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Ingredients: Acetaminophen, Chlorpheniramine, Pseudoephedrine

*Avoid in first trimester