

NEWSLETTER

ALLERGY MEDICATIONS

OPTIONS DURING PREGNANCY & BREASTFEEDING

The return of spring time can feel bittersweet for those of us that suffer from seasonal allergies. Below we will discuss medications that are commonly used to treat the symptoms of stuffy, runny noses, itchy eyes & sneezing. As always, we remind you it is in your best interest to talk to your healthcare provider about how your medications can impact the health of you and your baby. Antihistamines and decongestants are two types of medications typically used to treat allergies.



Antihistamines block the immune system's release of histamines. They are not known to increase your risk for birth defects during pregnancy; this has been documented in years of research. Two commonly used medications include Benadryl, which includes the active ingredient, diphenhydramine, and Chlor-Trimeton, containing the active ingredient chlorpheniramine. Both can cause drowsiness, which can impair a mom's ability to function. It is important to note while breastfeeding, this means that it may also cause sleepiness in your baby. Some newer oral antihistamines that are less likely to cause drowsiness include Claritin and Zyrtec, containing the active ingredients Loratadine and Cetirizine respectively. Loratadine passes to breast milk in low levels and for that reason, it is a favorable choice for many breastfeeding mothers. Currently, there are no studies that look at exposure to Cetirizine during breastfeeding.

**SPRING IS IN
THE AIR!**

SO IS POLLEN.

Decongestants are also used to relieve nasal congestion or a stuffy nose. They help to reduce swelling in your sinuses and to open your airways so you can breathe more easily.

Decongestants may be in the form of nasal sprays and oral medications. Commonly used nasal sprays include Afrin and Neo-Synephrine, which include the active ingredient Oxymetazoline. Using these medications for more than 3 days is not recommended; the overuse of them may lead to long term swelling and stuffiness. Another nasal spray now available over the counter is Flonase, which includes the active ingredient Fluticasone. Flonase can often be used for several months, but if you require a medication for long term use, make sure to talk to your healthcare provider.

If possible, medications that contain pseudoephedrine or phenylephrine should be avoided during the first trimester of pregnancy. More research needs to be conducted in order to determine how these active ingredients can impact a baby's development. Pseudoephedrine and phenylephrine work by constricting blood vessels and may create problems for people with high blood pressure. If you experience high blood pressure, speak with your healthcare provider before taking medications including these active ingredients. These medications can also reduce your milk production. If you are breastfeeding, and your milk supply is not well established, please be aware of this impact as you choose your medication.

Remember to read the labels on allergy medications carefully! Some that are marketed to ease cough and cold symptoms contain alcohol, which should be avoided during pregnancy. Also, be aware of multi-symptom medications like NyQuil to avoid exposing your baby to multiple active ingredients when you don't have to.

FOR MORE INFORMATION ON ANY OF THE MEDICATIONS OR ACTIVE INGREDIENTS DISCUSSED IN THIS NEWSLETTER REACH OUT TO US VIA TEXT, PHONE, EMAIL OR LIVE CHAT ON OUR WEBSITE!

IF YOU ARE VIEWING THIS NEWSLETTER ONLINE, CLICK ON THE LINKS BELOW:

- | | |
|----------------------|---------------------|
| 1.) Diphenhydramine | 4.) Cetirizine |
| 2.) Chlorpheniramine | 5.) Pseudoephedrine |
| 3.) Loratadine | 6.) Phenylephrine |

CHECK OUT OUR BABY BLOGS FOR MORE ON NON-MEDICAL REMEDIES AND FOR MORE ON ASTHMA, ALLERGIES & PREGNANCY.

- 1.) AH-CHOOsing the Best Way to Stifle Seasonal Allergies During Pregnancy
- 2.) Allergies, Asthma and Pregnancy...Oh My! Wait. Don't Panic.



TIP #1

Although many medications pass into breast milk, most have little or no effect on milk supply or on infant well-being. Talk to your healthcare provider about the best medication options while nursing.

TIP #2

Some nasal sprays are not meant to be used for more than a few days at a time. If you experience allergy symptoms all season long make sure to tell your provider!

TIP #3

Multi-symptom medications may include ingredients you don't need or that could harm your baby, like alcohol. Don't use them if another medication will work just as well.

QUESTIONS?

REACH OUT!

TEXT: (855) 999-3525

CALL: (855) 789-6222

EMAIL: MOTHERTOBABY@EMORY.EDU

WWW.MOTHERTOBABY.ORG