

2009 UPDATE – DO NOT USE SUDAFED DURING FIRST 13 WEEKS OF PREGNANCY

Dear Patients:

If you catch a cold, the following information may provide you with some relief of your symptoms. Remember, a cold is caused by a virus, and there is no pill to cure you. Your body will fight the infection in time. Here are some things you might try:

- **Increase fluid intake (water, juice)**
- **Get more rest**
- **Increase vitamin C intake – try oranges, grapefruit, strawberries, or vitamin C caplets of 500mg daily**

***Note: If you are asthmatic, please use your inhalers as prescribed!**

Medications that are safe to take for a short time during pregnancy are:

- **Chlor-Trimeton – to dry up a runny nose or post-nasal drip**
- **Plain Pseudoephedrine – for nasal congestion. *Note: Do NOT take this if you have HIGH BLOOD PRESSURE or HEART PALPITATIONS.) You may need to ask for this product, as pharmacists are now keeping it behind the counter. (“Sudafed” is the name brand for Pseudoephedrine.)**
- **plain Robitussin – for a cough**
- **Robitussin DM – for a persistent cough**
- **throat lozenges – for sore throat**
- **chloraseptic throat spray – for sore throat**

***Note: Do NOT take SUDAFED PE!**

***Note: Avoid all ASPIRIN-containing products!**

Please call our office at 887-4198 if:

- **Your temperature is over 100.5 degrees F**
- **Your symptoms change or get worse**
- **You have a productive cough or difficulty breathing**

***These are remedies for the “common cold” only.**

***Most combination cold medicines that contain plain Pseudoephedrine now contain Sudafed Pe and should NOT be taken!**

***Sudafed PE contains the active ingredient Phenylephrine, and should be avoided.**