

IF YOU ARE PREGNANT AND HAVE ALLERGIES OR ASTHMA, THIS PACKET OF INFORMATION IS FOR YOU

Be aware that

- Allergy symptoms may become worse or improve depending on many factors.
- Asthma symptoms may become worse for one-third of pregnant women.
- Asthma that is not under control may affect the health of your baby as well as your own health.

What you need to do

- Be certain to tell our nurse and doctors that you are pregnant or are trying to get pregnant, and even when calling for medical advice.
- Make regular visits to your obstetrician, nurse or nurse midwife for care of your unborn baby, and to your allergist regarding your allergy or asthma treatment.
- Discuss with your doctors the medicines you take for allergies or asthma to make sure they will not affect your baby.

If you have asthma, follow your asthma medicine plan. Most medicines for asthma are safe if you follow your doctor's advice. If your asthma is not under control your lungs are not getting enough oxygen to your baby which is a much greater risk than taking asthma medicines.

- Follow environmental controls that avoid or decrease exposure to known triggers of your symptoms such as smoke, fumes, odors, dust, animals, or pollens.

If you breastfeed

- Antihistamines, decongestants, antibiotics and other medicines may pass through your milk to your baby. Discuss this with your allergist and pediatrician.

