



CARTERET OB-GYN ASSOCIATES
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***** IF ANYONE IN THE HOUSEHOLD, INCLUDING YOURSELF,
HAS FLU SYMPTOMS OR HAS TESTED POSITIVE FOR THE FLU,
CALL THE OFFICE IMMEDIATELY *****

IF YOU ARE PREGNANT WITH A COLD OR THE FLU:

FORCE FLUIDS

Drinking fluids will keep any nasal or chest secretions loose, and help to prevent dehydration.

USE A COOL MIST VAPORIZER (HUMIDIFIER)

Using a cool mist vaporizer will help keep respiratory tract moist and reduce irritation.

GET LOTS OF EXTRA REST

Rest promotes healing and makes you feel better too.

IF YOUR SYMPTOMS PERSIST, YOU MAY ADD:

- 1) Regular Strength Tylenol (acetaminophen), per package instructions, for relief of headache, fever, general aches and pains.
- 2) Cepastat or Chloraseptic Throat Spray or Lozenges for sore throat.
- 3) Robitussin DM Cough Syrup for cough.
- 4) Sudafed for nasal and sinus congestion.

PLEASE NOTE: We prefer that you not take any decongestant medications, unless absolutely necessary, if you are less than 14 weeks pregnant.

- 5) Saline nasal spray, or Afrin Nasal Spray, per package instructions, for extreme nasal congestion. Try to limit use to no more than three (3) days.

CAUTION: Please do not use Afrin Nasal Spray for more than 3 days in a row, as this may cause a rebound effect and make the congestion worse than before.

- 6) Mucinex without decongestant per package instructions may be used for congestion.

**IF THESE MEASURES DO NOT HELP AND YOUR SYMPTOMS PERSIST OR
SIGNIFICANTLY WORSEN, PLEASE CALL THE OFFICE FOR FURTHER
INSTRUCTIONS.**