



ALLERGY TREATMENTS THAT CAUSE LESS SEDATION

It is advised to use the lowest dose of OTC medicines for short duration when pregnant, and that too, under medical supervision.



Second-generation less-sedating antihistamines



Cetirizine (Zyrtec)

Loratadine (Claritin)



Non-drug Alternatives



Saline (0.9% sodium chloride) nasal drops for nasal congestion



Steam inhalation for allergic rhinitis



Throat lozenges for sore throat



Oatmeal or baking soda bath for hives

References

Over-the-Counter Medications in Pregnancy; American Academy of Family Physicians.

Medicines in pregnancy; The Royal Women's Hospital.

Hives during pregnancy; American Pregnancy Association.