



MANAGING ASTHMA DURING YOUR PREGNANCY

MEDICATIONS

Your medications may need to be adjusted depending on the severity of asthma, to reach the best level of control.

- **Rescue inhalers** such as Albuterol should be used as a quick relief medication. You should have this available at all times.
- **Maintenance inhalers** (inhaled corticosteroids) should be used when you have symptoms at least two days a week or two nights a month, have persistent asthma and need daily medications for long-term care of your asthma, and to prevent flares.
- **Oral steroids** may be required for the treatment of severe asthma. There is conflicting information about the safety of oral steroids during pregnancy. However, severe uncontrollable asthma is a definite risk to you and your baby.

TRIGGERS AND TIMING

- Avoid exposure to known asthma triggers like tobacco smoke, dust, dogs, cats and allergens.
- If you have other conditions that may complicate your asthma such as allergies or reflux disease, treat them as well.

KEY POINTS

- When you have trouble breathing, your baby also has trouble getting oxygen it needs.
- Poorly controlled asthma can lead to serious medical problems for both you and your baby.
- It is safer to take medications than to have an asthma flare.



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