

## Asthma and Pregnancy

Good control of asthma while pregnant is vital to ensure the health of both you and your baby.

The goals of asthma care while pregnant are:

- To have the best asthma control you can.
- To prevent urgent care and emergency room visits.
- To decrease missed school or work.

To help reach these goals, you should:

- Tell your doctor or nurse if you have asthma.
- Have routine visits with your asthma doctor.
- Keep taking asthma medicines as prescribed even if it includes daily medicines to control your asthma.
- Avoid triggers to your asthma such as dust, mold, pets, pollen, paints, or perfumes.
- Avoid tobacco smoke. If you are a smoker, ask for help to quit or call the Quit Line at **1-800- 784-8669**.
- Call right away when asthma symptoms get worse.

If your asthma is not under control, your lungs are not getting enough oxygen to the baby. Not giving the baby oxygen is a far greater risk than taking asthma medicines. Most asthma medicines will not harm your baby.

Well controlled asthma while pregnant increases the chances of a healthy baby. Poorly controlled asthma may result in early and/or lower birth weight in infants.

Being pregnant may change your asthma. Symptoms may improve, stay the same or get worse in 1/3 of women. Allergy shots may be given while pregnant but should not be started for the first time during pregnancy.

Most women can do ‘Lamaze’ style breathing without concern during labor.

Avoid any over-the-counter medicines without first talking with your asthma doctor or nurse.

Breast-feeding is good for your baby’s immune system and is advised. Discuss any questions you may have about your medicines being transferred in the breast milk with your asthma doctor or nurse.

To find out more about pregnancy and asthma, visit the web site below:

<http://www.aaaai.org/patients/publicedmat/tips/asthmaandpregnancy.stm>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©2/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5122.