

## What causes Seasonal Allergies and Allergic Rhinitis

- Common allergens are pollen, dust mites, mold and pet dander
- Seasonal allergies are caused by pollen and are typically experienced during the spring and fall

## Managing Allergy Symptoms:

### Reduce exposure to pollen

- Check local pollen conditions on your local weather network
- If counts are moderate/high try to minimize time spent outside
- Keep windows closed during peak pollen count hours (4 AM to 10 AM)
- If exposed to pollen, change clothes, shower, and use nasal saline rinses

### Reduce exposure to indoor allergens

- Use dust mite-proof bed covers
- Wash bedding in hot water weekly
- Reduce indoor humidity
- Avoid exposure to carpets, upholstered furniture and stuffed toys



## Medications for Controlling Allergy Symptoms during Pregnancy and Lactation:



### Saline Nasal Sprays/Rinses:

- Help clear nasal passages
- Can be used in pregnancy

### Nasal Corticosteroid Sprays:

- Controls nasal inflammation
- Acts locally and reaches the bloodstream in small amounts
- When used as directed, nasal sprays containing budesonide, ciclesonide, fluticasone, mometasone are not expected to result in harm

### Antihistamines:

- Helps runny nose, sneezing and itchiness
- Studies do not indicate concerns
- Second-generation antihistamines such as loratadine (Claritin®) and cetirizine (Reactine®) are usually preferred

## Allergy Shots

Allergen immunotherapy (AIT) is the supervised exposure of an allergic person to gradually increasing doses of an allergen so that they can develop tolerance to the allergen.

**Initiation:** it is NOT recommended to start AIT in pregnancy.

**Continuation:** it is not recommended to increase doses of AIT in pregnancy.

**Maintenance:** can continue, sometimes at reduced doses.

For more information visit <https://firstexposure.ca/seasonal-allergies-and-allergic-rhinitis-in-pregnancy-and-lactation/> or scan the QR code.



**This information does not replace the medical care and advice from your healthcare provider.**

**Please contact your healthcare provider for any questions you may have.**