

ALLERGY SAFETY IN PREGNANCY

by - IAP ALLERGY AND APPLIED IMMUNOLOGY CHAPTER



PROTECTING YOU AND YOUR BABY



"As the seed is nourished by fertile soil, so is the baby nurtured in the mother's womb through care, calm, and wholesome living."

"A mother's mind is the first home her baby knows. Keep it peaceful, joyful, and pure"

— Charaka Samhita

Common Allergies During Pregnancy

- Allergic Rhinitis (sneezing, nasal blockage)
- Asthma (wheezing, breathlessness)
- Atopic Dermatitis (eczema, itching)
- Urticaria (hives)
- Food Allergy & anaphylaxis



😊 Why Allergy Management Matters?

Pregnancy can change how your body responds to allergies. Safe treatment ensures better health for both *you and your baby*.

What if You Have a Severe Reaction?

- ✓ Anaphylaxis is an emergency!
- ✓ Use your EpiPen immediately if prescribed
- ✓ Epinephrine is safe during pregnancy
- ✓ Call emergency services without delay

Will Baby Be Affected?

- Allergies are not directly passed, but family history increases risk
- No need to avoid foods unnecessarily unless there's a diagnosed food allergy
- Breastfeeding and smoke-free homes may reduce allergy risk in your child

✅ Allergy Safe Pregnancy Tips:

- Know your triggers and avoid them
- Carry emergency meds
- Stay away from tobacco smoke and incense sticks smoke
- Keep in touch with your obstetrician
- Stay calm — allergy in pregnancy can be managed!



When to Consult an Allergist:

- ✓ Frequent or severe allergy symptoms
- ✓ History of anaphylaxis or food allergy
- ✓ Considering immunotherapy