



## What May Replace **Phenylephrine** During Pregnancy

It is important to consult a doctor before opting for an OTC medication during pregnancy.



### As a nasal decongestant

Drawback: May cause rebound congestion if used for more than 5-6 days.

Corticosteroid  
(Budesonide)-containing  
nasal sprays

Oxymetazoline- or  
Xylometazoline-containing  
nasal sprays



Norepinephrine

### For prevention of hypotension during C-section

Advantages over phenylephrine: Less incidences of reactive hypertension and decreased heart rate.

## References

- OTC medicines that are okay during pregnancy; Intermountain Healthcare
- Medicines in pregnancy; Medicines in pregnancy - The Royal Women's Hospital
- Rhinocort Aqua; Food and Drug Administration
- Norepinephrine versus phenylephrine infusion for prophylaxis against post-spinal anaesthesia hypotension during elective caesarean delivery: A randomised controlled trial; National Center for Biotechnology Information