

Fever in Pregnancy: What Should I Do?



What is a fever?

An oral temperature of **38°C (100.4°F) or higher**

It can be caused by illness, infection, or inflammation

During pregnancy, your immune system changes, making it harder to fight infections and fevers.



Mild, short fevers are usually not a concern. But call your healthcare provider if your fever is **above 38.5°C (101.3°F)**, lasts **more than 24 hours**, or comes with **other symptoms** like chills or changes in your baby's movements.

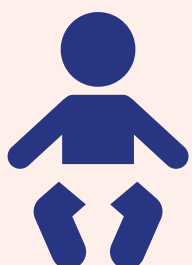


Why should I treat my fever?

Untreated high fevers in pregnancy can **increase risks** of:



- Dehydration of the pregnant person
- Preterm birth (< 37 weeks)



- Low birth weight (< 5.5 lbs [2,500 g])
- Birth defects in rare cases

What should I do if I have a mild fever?



Hydrate - Cool - Rest

If these measures don't work, medication might be needed.

Always ask your healthcare provider before taking medications during pregnancy to make sure it's right for you.



Which fever medication can I take?



Advil[®], Motrin[®] (Ibuprofen), Aleve[®] (Naproxen), and Aspirine[®].

These are non-steroidal anti-inflammatory drugs (NSAIDs). They are **NOT** the first choice during pregnancy to treat fever unless prescribed.

NSAIDs are usually not used after 20 weeks of pregnancy as they might increase the risk of heart or kidney problems for the baby

Should only be used under healthcare guidance.



Tylenol[®] (Acetaminophen)

Acetaminophen, also called paracetamol, is **the first choice to treat fever during ALL trimester of pregnancy.**

When taken at the recommended dose, it should not increase risks for the pregnant person or the baby.

