

Asthma in Pregnancy

What is it?

If you have asthma and are pregnant, your asthma control can change. Some women have an increase in symptoms. Keeping good asthma control is vital. Poorly-controlled asthma during pregnancy could increase the chance of problems.

Regular asthma check-ups, following your GP's advice, and being prepared in the event of a flare-up will help you to stay well during your pregnancy.

What will my GP do now?

Your GP will talk to you about how to control your asthma. You will learn how your asthma control may change while you are pregnant.

Many asthma medications are safe for pregnant women, and your GP will give you information about this, too.

Your GP will also:

- Check you are on the most suitable medication
- Talk to you about vaccinations
- Give you a written asthma action plan
- Help you to quit smoking if necessary
- Explain what you need to do if your asthma gets worse

What will my GP do in the future?

Your GP will continue to see you for regular asthma check-ups, every 4-6 weeks.

If your asthma is poorly controlled, your GP may refer you to a specialist. If you have any questions about your asthma at any time, you can always see your GP between check-ups.

What can I do?

Continue to take your asthma medications, and tell your GP about any changes in your symptoms. Remember to see your GP every 4-6 weeks for asthma check-ups.

There are many steps you can take to help control your asthma. Avoid any allergens and remove any irritants such as air fresheners and cleaning products. Be aware of the external factors that can make your asthma worse. Stay away from smokers, and avoid homes that are cold and damp. If you have allergies, avoid your allergens.

If you smoke, now is the time to quit. Being a non-smoker supports a healthy pregnancy and baby. Start now by phoning the Quitline on 13 78 48.

Take care of your overall health and wellbeing by eating a healthy diet, getting enough light exercise, drinking plenty of water, and sleeping for eight hours every night.

When should I call an ambulance?



Dial Triple 0 (000) immediately if your asthma suddenly gets worse or is not improving, or if you are having an asthma attack and a reliever is not available.

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What supports are available?

South Western Sydney Local Health District has antenatal clinics at each hospital. If it is needed, they will refer you to be seen by a medical specialist in the clinic to make sure you receive appropriate care.

The main antenatal clinic contact details are:

- Bankstown Hospital: Phone 9722 8333
- Fairfield Hospital: Phone 9616 8506
- Bowral and District Hospital: Phone 4861 0224
- Liverpool Hospital: Phone 8738 4197
- Campbelltown and Camden Hospital: Phone 4634 4963.

Private support from a specialist

If your pregnancy care is with a private obstetrician, speak to them about any other referrals you may need.



What questions could I ask my doctor?

- What are the risks for my baby?
- What are the risks for me?
- Can I still take my medication?
- Will I experience asthma during labour?
- What can I expect during my pregnancy?
- Will my symptoms get worse?



Where can I learn more

- **HealthDirect** – Pregnancy and Asthma: healthdirect.org.au
- **National Asthma Council Australia** – Fact Sheet: Pregnancy and Asthma: nationalasthma.org.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs