Box 5.9  Treating headache during pregnancy

- Eliminate excessive or daily analgesics
- Acute-care treatment (maximum: 2–3 days per week)
  - Acetaminophen
  - Short-acting opioids
  - Antiemetics
- Preventive treatment for frequent headache
  - Medications
    - β-blocker
    - Gabapentin (in early pregnancy; stop in third trimester)
  - Non-medication therapy
    - Relaxation and biofeedback
    - Stress management
    - Discontinuation of nicotine and caffeine
    - Regular meals and sleep