

Box 8.2 ED headache treatment options during pregnancy

- Urgent care/ED treatments
 - Ice pack, massage, neck stretches
 - Reduced lights, reduced noise, soothing music
 - Intravenous rehydration
 - Anti-emetic
 - ☐ IV ondansetron (Zofran) 4–8 mg over 2–5 minutes
 - ☐ IM promethazine (Phenergan) 12.5–25 mg, with monitoring for akathisia
 - ☐ IV/IM prochlorperazine (Compazine) 5–10 mg (over 5 minutes if IV), with monitoring for akathisia
 - Analgesic
 - ☐ Hydromorphone (Dilaudid) 1–2 mg IM/SQ or 0.5–1 mg IV over 2–3 minutes
 - ☐ Occipital nerve blocks
 - ☐ Trigger point injections
- Discharge medication recommendations
 - Anti-emetic
 - ☐ Zofran 4–8 mg $\frac{1}{2}$ –1 tablet every 6 hours as needed for severe nausea (Patients may prefer orally dissolvable tablet)
 - ☐ Compazine 10 mg PO every 6 hours as needed
 - ☐ Compazine 25 mg PR every 6 hours as needed
 - Analgesic
 - ☐ Acetaminophen 650 mg PO/PR every 6 hours as needed
 - ☐ Hydrocodone 10 mg (Vicodin, Norco) PO $\frac{1}{2}$ –1 tablet every 6 hours as needed (Prescribe no more than 15 tablets.)
 - Rescue therapy
 - ☐ Prednisone 20 mg tablet PO twice daily for 5 days

IM = intramuscular; IV = intravenous; PO = oral; PR = rectal;
SQ = subcutaneous