

Box 8.3 ED headache treatment options during lactation

- 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
 - Analgesic
 - ☐ Ketorolac (Toradol) 30 mg IV or 60 mg IM
 - ☐ SQ sumatriptan (Imitrex) 3–6 mg (Efficacy is similar with 3 and 6 mg, with patients preferring the lower dosage.)
 - ☐ IV sodium valproate (Depacon) 500 mg diluted in 10 mL saline and administered over 5–15 minutes if reliable contraception is ensured
 - ☐ Hydromorphone (Dilaudid) 1–2 mg IM/SQ or 0.5–1.0 mg IV over 2–3 minutes every 2 hours, as needed
 - ☐ Occipital nerve blocks
 - ☐ Trigger point injections
 - ☐ IV dexamethasone (Decadron) 4 mg
- Discharge medication recommendations
 - Anti-emetic
 - ☐ Ondansetron (Zofran) 4–8 mg tablets, ½–1 tablet every 6 hours as needed for severe nausea (Patients may prefer orally dissolvable tablets.)
 - Analgesic
 - ☐ Ibuprofen (Motrin) 600 mg PO every 6 hours as needed
 - ☐ Naproxen (Anaprox, Naprosyn, Aleve) 500/550 mg PO every 12 hours as needed
 - ☐ Imitrex 100 mg ½–1 tablet; may repeat once in 2 hours
 - Rescue
 - ☐ Prednisone 20 mg twice daily for 5 days
 - ☐ Hydrocodone 650 (Vicodin, Norco) ½–1 tablet every 6 hours as needed for severe pain

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