

## General Information

### *When you're ready to get pregnant . . .*

Congratulations on your decision to have a baby. The best time to prepare for your pregnancy is before you become pregnant. This is the ideal time to make decisions about safer headache treatments.

The good news is that most women experience headache improvement with pregnancy:

- Headaches improve for about four in every five women by the third trimester.
- Headaches often don't improve until the early second trimester.
- Even if your headaches improve, you may still continue to have some troublesome headaches that will need treatment.
- Safer and effective treatments are available when trying to get pregnant and after you have become pregnant.

Before you start trying to get pregnant, you should talk to your doctor about your headache treatment. You will need to:

- Learn safe and effective non-drug treatments that you can use to control headaches throughout your pregnancy and after delivery.
- Make sure the headache medications you are using are safe for you to take when trying to get pregnant and throughout pregnancy. This reduces risks to the baby if you become pregnant while taking the medications.
- Try to get your headache pattern under as good control as possible before becoming pregnant.
- Talk to your doctor before using any non-prescription medications and supplements to make sure they are safe during pregnancy.

Often, medication choices need to change with pregnancy to make sure you minimize risks to your baby.

Remember, there are many safer and effective non-drug and drug treatments for you to use throughout your pregnancy. Making treatment changes before you become pregnant is the best way to provide the safest treatments for your developing baby.