

## ***Now that you're pregnant . . .***

Congratulations on becoming pregnant!

As soon as you know that you're pregnant, make an appointment to talk to your doctor about your headaches. You will need to learn:

- Safe and effective non-drug treatments to control your headaches;
- Which medications you can safely take for pain and nausea;
- Which medications you can safely take to prevent headaches if this becomes necessary;
- What to do if your headaches get worse.

Let your doctor know:

- What your current headache pattern is like;
- If there has been any recent change in your headaches;
- If you are having any other medical problems besides headaches;
- What over-the-counter medications you are taking;
- What supplements, vitamins, minerals, and herbs you are taking;
- What prescription medications you are taking and who prescribed them.

Know that you are not expected to suffer with your headaches during pregnancy. Headaches improve for four in every five women, so the odds are good that your headaches will get better.

General recommendations for pregnant patients who have headaches:

- Quit smoking.
- Eat regular meals and snacks—don't skip meals, especially breakfast.
- Get a good night's sleep every night.
- Learn effective relaxation techniques.
- Learn headache-relieving neck stretching exercises.
- Don't use over-the-counter, herbal, or supplement remedies without first discussing them with your healthcare provider.
- Use safe and effective therapies to treat and relieve nausea.
- Develop a plan for treating severe headaches with your doctor. Make sure you know which treatments to try first.
- Talk to your doctor about prevention therapy if you are having frequent severe headaches.

Effectively treating your headaches will allow you to better enjoy your pregnancy.

Even if your headaches aren't a problem during pregnancy, talk to your doctor about safer treatment options that can be used if you decide to breastfeed your baby. Most women experience a return of their previous headaches after delivery. Fortunately, breastfeeding often delays the return of headaches. There are more headache treatment options available when you're breastfeeding compared to during pregnancy. Some medications should be avoided during breastfeeding. Work with your provider to develop a safe, effective treatment plan.