

Table 7.2 Preventive headache medications compatible with lactation

Medication	Dosage	Comments
Magnesium	600 mg QD	Watch for maternal diarrhea or stomach upset.
Divalproex sodium [Depakote]	Extended release: 500–1000 mg QD	Must ensure adequate contraception. Watch for maternal weight gain, bleeding, or hair thinning. Watch mom and infant for liver function and platelet count changes. Add daily folate.
Propranolol [Inderal]	Sustained release: 80–320 mg QD	Monitor baby for bradycardia, hypoglycemia, or cyanosis. Avoid in mothers prone to reactive airway disease.
Timolol [Blocadren]	10–15 mg BID	Monitor baby for bradycardia, hypoglycemia, or cyanosis. Avoid in mothers prone to reactive airway disease.
Verapamil [Calan]	Sustained release: 240 mg QD	Watch for maternal dizziness, constipation, or sedation. Monitor heart rate and blood pressure in the infant.

Atenolol should be limited, with monitoring for hypotension, bradycardia, tachypnea, and cyanosis in the baby. Avoid antidepressants, including amitriptyline [Elavil], bupropion [Wellbutrin], desipramine [Norpramin], doxepin [Sinequan], fluoxetine [Prozac], imipramine [Tofranil], nortriptyline [Pamelor], paroxetine [Paxil], sertraline [Zoloft], and trazadone [Desyrel].