

Headaches in Pregnancy

Causes of headache in pregnancy

- Rising hormone levels
- Bad posture from carrying extra weight of baby
- Sinus pressure or sinus infection
- Visual changes due to pregnancy
- Low blood sugar
- Lack of sleep
- Dehydration
- Stress

What to do

- Stay well-hydrated
- Apply an ice pack to your forehead or around your neck
- Put yourself in a dark room and rest or take a nap
- Make sure you are eating balanced meals with healthy proteins, fats and carbs.
- Tylenol (acetaminophen)
 - Regular strength: two 325mg tabs every 4-6 hours
 - Extra strength: two 500mg tabs every 6 hours
 - Do not exceed 4,000mg of acetaminophen in a 24 hour period
- 1 serving of caffeine (like coffee or tea)
- Avoid aspirin and ibuprofen
- Chelated magnesium, 400mg daily
- Acupuncture
- Chiropractic
- Essential oil of peppermint applied to each temple
- Get an eye exam if you have not had one recently
- Avoid triggers. Keeping a headache log may help you keep track of what food or other things cause your headaches.
 - Common food triggers include chocolate, dairy, yeast, tomatoes

If your headache is not improved by any of the above, please contact the midwives as some headaches (especially if you are close to your due date and the headache is unrelieved by tylenol) can be a sign of preeclampsia.