

## Headache in Pregnancy

### Why do women get headaches in pregnancy?

Headaches in pregnancy are most often caused by the changing hormones in your body. However, they can be related to dehydration, stress, and fatigue.

### How do I treat headaches in pregnancy?

- It is safe to take Tylenol 650mg every 4-6 hours
- Drink 10-12 8 ounce glasses of water every day
- Magnesium 400 mg twice a day
- Riboflavin 400 mg one a day
- Coenzyme Q 100-150mg daily in a gel capsule
- Peppermint oil in capsules or strong tea form

NOTE: If your headaches do not get better with the above treatments or become migraines (headaches that interfere with activities of daily life), please call the office for further evaluation and treatment options.

Most headaches will resolve by your 20<sup>th</sup> week of pregnancy. If they persist past 20 weeks, it is important that a more thorough neurology exam be completed.