

Headaches During Pregnancy

Many people get headaches more often while they're pregnant. Here is some information about headaches.

How Can I Prevent Headaches?

- Eat small meals often. Make sure they're low in sugar.
- Drink lots of fluids.
- Get enough rest.

What Should I Do If I Have a Painful Headache?

- ☑ Take 2-3 regular Tylenol pills **or** take 2 Extra Strength Tylenol pills every 8 hours.
- ✗ **Don't** take aspirin or ibuprofen (Advil, Motrin).

After you take Tylenol, there are other things you can do too. This chart shows you what to do for each type of headache.

If you have any of these symptoms, go to OB Triage.

- ⚠ High blood pressure (if the top number is higher than 140 or the bottom number is higher than 90)
- ⚠ Your vision changes, your vision is blurry, or you're seeing bright, flashing lights
- ⚠ Your hands and face start swelling
- ⚠ Fever higher than 101.4°F
- ⚠ Nausea (feeling like you might throw up) or you're throwing up
- ⚠ Your headache feels different than usual

Eye strain or tired eyes	Take a break from the computer or TV. Rest your eyes.
Stuffy nose or sinus congestion	Put a hot, moist towel over your eyes and forehead. Use a humidifier in your house. If that doesn't help, try Sudafed 30mg (1 tablet every 6 hours).
Constipation (if you can't poop or you have hard poops)	Drink more water and eat more natural fiber. Some foods with natural fiber are fruits, vegetables, and whole grains.
Not getting enough sleep	Take a nap.
Stress or tension	Relax, rest, get a head or neck massage, do neck rolling exercises, drink peppermint or chamomile tea, or use a warm heating pad on the back of your neck.
Dehydration (not drinking enough water)	Drink more than 6 large glasses of water a day.
High blood pressure	If you think you have high blood pressure, take your blood pressure at the pharmacy. (See orange box.)

If your headache doesn't go away after you try these things, go to OB Triage (272-2460).