

# *PREGNANCY MIGRAINE*

Women with migraines often have them during the first three months of pregnancy, and they usually go away during the rest of pregnancy.

## **1. Avoid triggers:**

Phenylethylamine (chocolate)

Tyramine (fermented/cultured foods:

aged cheese

yogurt

sour cream

wine

beer

soy sauce

miso

tempeh

natural pickles)

Aspartame (artificial sweetener - nutrasweet)

Monosodium glutamate (flavor enhancer in many processed foods - MSG)

Nitrates, nitrites (lunchmeat/ bacon/ hot dog meat preservatives)

Alcohol

Food coloring additives

Daily stress

Sleep deprivation

Skipping meals

## **2. Preventive practices:**

Daily meditation (15-20 min, twice a day)

Prenatal yoga (can try videos from the library or youtube until you find a good routine) at least 3 days/week

Massage therapy

Acupuncture

## **3. Preventive medicines:**

Fish oil, 2000mg/day

Magnesium, 600mg/day

Vit. B2, riboflavin 400mg/day

Rx Labetalol, 150mg twice a day (beta blocker blood pressure medicine relatively safe for pregnancy)

## **4. Treatment medicines:**

Acetaminophen (Tylenol, APAP), up to 4000mg/day (2 extra-strength, four times per 24 hrs)

Caffeine - helps migraine, but try to stay under 300mg/day:

(Starbucks house blend 16oz, 259mg

Caffeine pill, 200mg

Red Bull, 80mg

Coca Cola 12oz, 34mg)

Rx Narcotic pain relievers (codeine, morphine, hydrocodone, oxycodone) - safe for occasional use

Rx Metoclopramide (Reglan, 10mg for nausea and pain)

Rx Cyproheptadine (Periactin, 4-8mg for nausea and pain)

## **5. Home remedies:**

-- 1 can of Coke + 2 Tylenol (1000mg APAP) + 1 Chlortrimeton allergy pill (chlorpheniramine maleate, 4mg)

-- Lie down in a dark silent room with a wet cloth over your eyes and practice your breathing until you fall asleep

## **6. Things to avoid:**

Prostaglandin blockers (NSAIDs, non-steroidal anti-inflammatory drugs):

toradol/ketoralac

ibuprofen

aspirin

naproxen

indomethacin

feverfew herb (parthenolide)

These act as blood thinners, and also can alter the fetal circulation. They are sometimes used on a short-term basis to stop premature labor.

Triptans and other migraine Rx (ergotamines, isometheptine)

## **7. Call doctor/midwife if:**

-- Headaches get worse or more persistent

-- Headaches are different than normal

-- Headaches include: blurry vision, pain in the upper right abdomen, and swelling in the hands and face