

Migraines: After Pregnancy

What you can do to decrease risks for you and a future pregnancy



Things to do **EVERY DAY**
for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

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Migraines and triggers

Migraines are severe headaches that may be associated with nausea, vomiting, and sensitivity to light and sound. Before or during the headache, you may see flashes of light or blind spots, known as an “aura”. Many things can trigger migraines, such as hormones, stress, sleep patterns, certain foods, or caffeine and alcohol.

Migraine management plan

There are two ways to manage your migraines: 1) treat attacks once they start; or 2) try to prevent them from starting. Your management plan should be based on how often your migraines happen and how severe they are. There are many safe drugs that prevent migraines from happening and that decrease pain once they start. Lifestyle changes can also prevent migraines and improve your overall health. Talk to your health care provider about a migraine management plan that is right for you.

Migraine prevention

Ways to help prevent your migraines and stay healthy after pregnancy include:

- Get enough sleep.
- Relax and lower your stress.
- Know your migraine triggers and do your best to avoid them.

Breastfeeding

Breastfeeding is healthy for you and your baby. Many drugs that treat migraines are safe to take while breastfeeding and during pregnancy. Talk to your provider about the best treatment options for you.

Contraception plan

It is important to use birth control to avoid an unplanned pregnancy. Most women with migraines can safely take estrogen-containing contraceptives (like “The Pill”). Women who have migraines with aura should not take estrogen-containing contraceptives, but progesterone-only contraceptives are often a safe choice. Talk to your provider about what contraceptives are safest for you if you have migraines with aura.

Remember your ABCs:

folic  cid  reastfeeding  ontraception

For more information, go to:

American Pregnancy Association:

americanpregnancy.org/pregnancyhealth/migraines.html

Every Woman California: everywomanocalifornia.org

March of Dimes: marchofdimes.com/Pregnancy/yourbody_headaches.html