

# Headaches/Migraines in Pregnancy

Two Protocols:

1. Prevention of frequent headaches:
  - a. Magnesium Oxide 300 mg, two times per day
  - b. Riboflavin (Vitamin B2) 200 mg, two times per day
  
2. Treatment of active headache: (can take up to 4 times per day)
  - a. Benadryl 25-50 mg (if you do not have to drive or be alert)
  - b. Tylenol 650-1000 mg
  - c. Magnesium Oxide 900 mg (may make bowels loose, pull back on the dosing if this occurs)

May add Phenergan or Zofran as needed if nausea is present with the headache.