

HEADACHES

Headaches are one of the most common complaints, along with nausea, in the first few months of pregnancy. These headaches are caused by blood circulation changes and will usually disappear after the first half of the pregnancy. Most headache remedies are not helpful; but you may try Tylenol, Tylenol Ex-Strength. **If you notice the headaches are associated with sensitivity to light, excessive nausea or vomiting, fever or other neurological signs, call the office.**

See “**Approved Medications During Pregnancy**” list at the top of the page