Migraine and Pregnancy

- Migraine will often improve during pregnancy.
- Migraine may change to migrainous aura without headache.
- Maximise non-drug therapies (trigger avoidance, adequate sleep/nutrition/hydration, rest with symptoms).
- Drug therapies: Bottom line – avoid them all except paracetamol/NSAID unless really necessary. See figures taken from Amundsen, S. et. al. Nat. Reviews Neurol. 11, 209–219 (2015); doi:10.1038/nrneurol.2015.29 Also available on Refhelp.
- Note that Valproate is now contraindicated in women of childbearing age for migraine.

Richard Davenport and Jon Stone, Neurology, Jan 2021.