

Managing Pain During Pregnancy and Lactation

Objectives

- Describe the principles upon which medications should be prescribed in pregnancy
- Identify medications commonly used in pain management for pregnant and breastfeeding women
- Discuss the merits and limitations of opioid use and non-opioid drugs in pregnancy for pain management
- Review pain management strategies for musculoskeletal conditions, migraine headache and sickle cell vaso-occlusive crisis in pregnancy

Content Outline

1. Medication Effects During Pregnancy and Lactation
2. Medications Commonly Used in Pain Management in Pregnancy
 - A. NSAIDs
 - B. Opioid analgesics
 - C. Local anesthetics
 - D. Steroids
 - E. Benzodiazepines
 - F. Anti-depressants and anti-convulsants
 - G. Ergot alkaloids
 - H. Caffeine
 - I. Beta blockers
 - J. Sumatriptan
 - K. Marijuana
3. Evaluation of Treatment of Pain During Pregnancy
 - A. Musculoskeletal considerations
 - B. Pelvic girdle pain
 - C. Back pain
 - D. Migraine headaches
 - E. Sickle cell disease

Reading Material Resources

Module WB2432: Managing Pain During Pregnancy and Lactation is based on the resource listed below. A copy of the resource is included with the module.

Chapter 45, Managing Pain During Pregnancy and Lactation, Practical Management of Pain, Benzoni, et al., Elsevier, 2023, 647-662