

Acetaminophen and Pregnancy: What You Need to Know



Is acetaminophen safe to take during pregnancy?

Yes, acetaminophen is safe to take for pain, fever, or headaches when you're pregnant. Talk with your ob-gyn before taking acetaminophen. Your ob-gyn can explain how much is safe to take for your symptoms.



I've heard that acetaminophen might cause problems for a fetus. Is this true?

Recent claims about acetaminophen being linked to autism or attention-deficit/hyperactivity disorder (ADHD) have not been proven by science. The highest-quality studies show there is no evidence that acetaminophen causes autism.



Can I take something else instead?

You should not take other over-the-counter medications like ibuprofen or naproxen unless recommended by your ob-gyn. It's not clear if ibuprofen and naproxen are safe for a fetus during the first trimester. Taking them during the third trimester may lead to birth defects.



Do I need to "tough out" pain and fever during pregnancy?

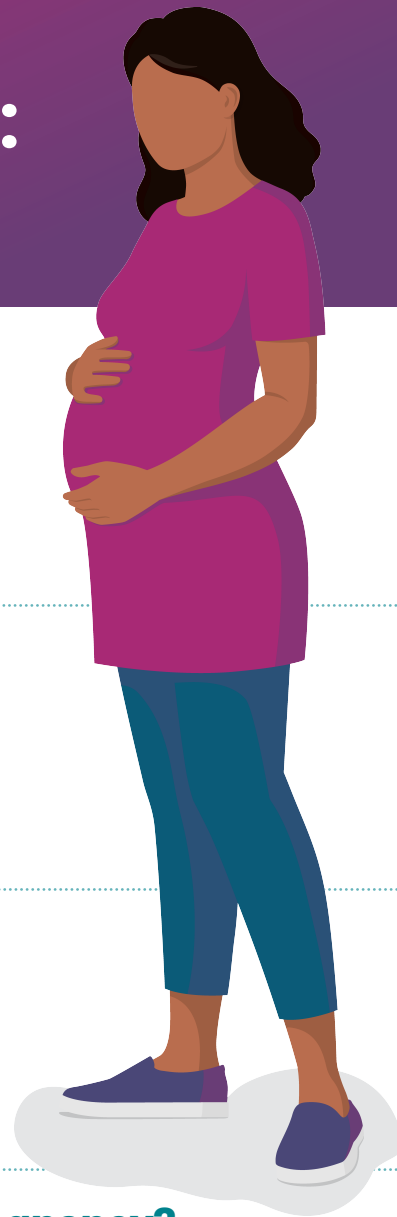
No. Untreated health problems, especially fever, can be dangerous for both you and your fetus.

- Fever increases the risk of birth defects.
- Pain can increase stress hormones and negatively affect your body and your fetus.
- Headaches can sometimes be a sign of preeclampsia, a condition that can develop in pregnancy and needs immediate medical attention.



How much research has been done on acetaminophen use in pregnancy?

Researchers have studied the use of acetaminophen during pregnancy for more than two decades. Their research shows that acetaminophen continues to be safe for a woman and her fetus when used correctly.



From the American College of Obstetricians & Gynecologists

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