

Patient Handout: Acetaminophen (Tylenol) in Pregnancy

Why people are asking

You may have heard news stories about Tylenol and autism. It is normal to be careful with medicines during pregnancy.

What experts know right now

- Tylenol (acetaminophen) is the most common medicine for pain and fever during pregnancy.
- A very large study in *JAMA* (2024) found no proof that Tylenol causes autism, ADHD, or other learning problems.
- Some older studies suggested a link, but they were weaker studies and have not been confirmed.
- National groups like ACOG and SMFM still recommend Tylenol as the first choice for pain and fever in pregnancy.

Why treating pain and fever matters

- Fever during pregnancy, if untreated, can raise the risk of certain birth defects.
- Pain relief also helps doctors check for problems like preeclampsia.

Other medicines

- Ibuprofen (Advil, Motrin) and other NSAIDs are usually avoided, especially later in pregnancy.
- Opioid medicines (like Percocet or Vicodin) have more risks and are not safer.

Bottom line

When taken as directed, Tylenol is still considered the safest option for most pregnant people. Use the lowest dose that works, and only for as long as you need it.

Your choice matters

If you are unsure, talk with your doctor or midwife. You can decide together when medicine is needed and when other options might help.

Learn more

- ACOG: Acetaminophen in Pregnancy [ACOG STATEMENT](#)
- SMFM Statement [SOCIETY FOR MATERNAL FETAL MEDICINE STATEMENT](#)