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Nunavut

# Public Health Advisory

## Statement on the use of acetaminophen (Tylenol) during pregnancy

**Start Date: September 23, 2025**
**End Date: October 23, 2025**
**Nunavut-wide** **90 secs**

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The Department of Health asserts that acetaminophen (Tylenol) remains a safe and appropriate first-line option for managing fever and pain during pregnancy, when used as medically indicated, at recommended doses, and for the shortest duration necessary.

This position aligns with the recent reaffirmation from the Society of Obstetricians and Gynaecologists of Canada (SOGC), which reviewed emerging concerns and found no new supporting evidence linking prenatal acetaminophen exposure to neurodevelopmental disorders such as autism spectrum disorder (ASD) or attention-deficit hyperactivity disorder (ADHD). The SOGC emphasized that the very few studies suggesting such links are fundamentally flawed and do not warrant changes to current clinical practice.

Chief Public Health Officer (CPHO) Dr. Ekua Agyemang encourages health-care providers to continue recommending acetaminophen when clinically appropriate. Pregnant individuals should feel confident in using acetaminophen as directed and are encouraged to discuss any concerns with their health care provider. Decisions regarding medication use during pregnancy should be based on current, high-quality evidence, not speculation or fear.

The Department of Health recognizes that:

- Fever and pain during pregnancy must be managed appropriately to avoid adverse outcomes.
- Acetaminophen is one of the few analgesics considered safe during pregnancy, with decades of clinical use and regulatory oversight.
- Access to effective pain management is a human right, and pregnant individuals should not be denied safe and evidence-based treatment options.

The Department of Health remains committed to ensuring that all health recommendations are grounded in the best available scientific evidence, and that pregnant individuals in Nunavut receive safe, respectful, and informed care.

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