

Migraine Medicine Use

Use this chart to keep track of your headaches and the medicines you take for them.

Date of headache (month/day/year)	/ /	/ /	/ /	/ /	/ /
Time my headache started					
Time my headache ended					
Name of medicine I took					
How much I took					
Time I took it					
How bad was the headache pain when I first took medicine? (1=mild, 5=severe)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)
How bad was the pain 20–30 minutes after I took medicine? (1=mild, 5=severe)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)	1 2 3 4 5 (circle one)
Name of any other medicine I took for this headache					
How much I took					
Time I took it					

Notes: _____

Migraine Action Plan

Work with your doctor to fill out this Migraine Action Plan.

Why I want to follow this plan:

- I want to have fewer migraines or less pain.
- I want to feel more in control.
- I want to be able to do the things I enjoy.
- _____
- _____

What to do before I get a migraine:

- Keep enough medicine on hand.
- Carry my relief medicine with me at all times.
- Take my preventive medicine if my doctor has told me to use it:

Name of preventive medicine	How much to take	When to take it

- Find ways to relax each day (such as exercise, hobbies, reading): _____

- Know what migraine triggers I need to avoid or manage:

- Know what signs tell me a migraine is about to start:

What to do if I get a migraine:

- Take my relief medicine at the first sign of pain:

Name of relief medicine	How much to take	When to take it

- Do this if my relief medicine does not work:

- Do these things to help me feel better (like lie down in a dark room, do deep breathing):

- Call my doctor at this number _____ if:
 - My headache is worse or lasts longer.
 - I have unusual or bad side effects.
 - My headache is much different than usual.
 - I have side effects that do not go away.
 - _____

Migraine Medicines

Two Types Of Migraine Medicines

- Relief Medicines help manage migraine pain after it starts.
- Preventive Medicines help keep migraines from starting.

You may need one or both kinds of medicines. Work with your doctor to find what is best for you.

Relief Medicines

- Are taken at the first sign of migraine pain.
- Help manage migraine pain after it starts.
- Work quickly to help migraine pain.
- May help with nausea or other symptoms.
- Come in pills or other forms.

Preventive Medicines

- Are taken every day, even when you do not have a headache.
- Help keep migraines from starting.
- May help you have fewer migraines.
- Work only when taken every day.
- Usually come in pill form.

Be sure to tell your doctor:

- If your migraine medicines do not work for you.
- If you have any problems with your migraine medicines.
- If you have any changes in your health.
- If you take other medicines.
- If you plan to get pregnant, are pregnant, or if you are nursing a baby.