

# SURREY HEADACHE SERVICE

## MIGRAINE PREVENTION & RECOVERY

### MIGRAINE PREVENTION

The aim of migraine prevention is to reduce the number of attacks by approximately half. These steps below have been shown to work for 50% of users.

It is important to remember that only one drug or supplement should be used at once (unless recommended otherwise by your doctor). A trial of at least a month or six weeks is needed to assess any benefit.

#### Non-prescription Drugs

- ASPIRIN 75MG daily.
- VITAMIN B2 RIBOFLAVIN 400MG (100mg B complex to balance 300mg B2) daily.
- MAGNESIUM (chelated, less irritable on the stomach) 400mg daily).
- BUTTERBUR (PETADLEX) 2 Tablets Daily

- CO-ENZYME Q 10 100mg daily.
- 5HTP – (if frequent migraine > 15 days a month).

If none of these are effective then there are numerous prescription drugs that can be tried

#### Prescription Drugs

- BETABLOCKERS – PROPRANOLOL / ATENDOL
- ANTISEROTONIN - SANOMIGRAIN or METHYERGIDE
- TRICYCLICS - PROTHIADEN / AMITRIPTYLINE / NORTRIPTYLINE
- ANTIEPILEPTIC – TOPIRAMATE / EPILIM
- ANTIEPILEPTIC / ANTINEUROPATHIC PAIN – GABAPENTIN / PREGABALIN

### TREATMENT OF ACUTE ATTACK / RECOVERY PRESCRIPTION DRUGS

#### Non-prescription Drugs

- SIMPLE ANALGESICS – ASPRIN / PARACETAMOL / IBUPROFEN
- WITH ANTI-EMETICS – MIGRAMAX / MIGRALEVE / PARAMAX

#### Recovery Prescription Drugs

- 5HT1 AGONIST – TRIPTAN'S
- FROVATRIPTAN – 2.5mg Tablets
- NARATRIPTAN (Naramig) – 2.5mg Tablets
- ALMOTRIPTAN (Almogran) - 12.5mg Tablets
- SUMATRIPTAN (Imigran) – 50 / 100mg Tablets / Imigran Radis 50 / 100mg, 10 / 20mg Nasal spray, 6mg Pre-filled syringe (Imigran recovery

50mg from pharmacy without prescription)

- ZOLMITRIPTAN (Zomig) – 2.5mg Tablets / Zomig Rapimelt 2.5 / 5 mg, 5mg Nasal spray
- RIZATRIPTAN (Maxalt) – 5 / 10mg Tablets, 10mg Maxalt Melt
- ELETRIPTAN – 20 / 40 / 80mg Tablets

#### Useful contact:

Migraine Action Association  
01536 461333

[www.migraine.org.uk](http://www.migraine.org.uk)

[www.migraine4kids.org.uk](http://www.migraine4kids.org.uk)

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