



ACUTE MIGRAINE TREATMENT STRATEGIES

Use **ONE** medication from each of the following categories:

Category:	Migraine-Specific	Anti-Inflammatories	Anti-Emetic	Neuroleptics (also Anti-Emetics)
Examples:	1) Triptans (Imitrex, Maxalt, Zomig, Amerge, Relpax, Axert, <u>OR</u> Frova) <u>OR</u> 2) Dihydroergotamines (DHE injections <u>OR</u> Migranal Nasal Spray) <u>*MAX 9 DAYS/MONTH*</u> <u>*DO NOT USE THESE MEDICATIONS WITHIN 24 HOURS OF EACHOTHER*</u>	1) Naproxen (Aleve), Ibuprofen (Advil, Motrin), Toradol (Ketorolac), Indomethacin (Indocin), Meloxicam (Mobic), Diclofenac (Cambia), Celebrex, Ketoprofen, <u>OR</u> Aspirin <u>OR</u> 2) Steroids (such as prednisone or dexamethasone) – sparingly <u>*DO NOT USE THESE MEDICATIONS WITHIN 24 HOURS OF EACHOTHER*</u>	Zofran (Ondansetron)	1) Promethazine (Phenergan) <u>OR</u> 2) Prochlorperazine (Compazine) <u>OR</u> 3) Metoclopramide (Reglan) <u>*DO NOT USE THESE MEDICATIONS WITHIN 24 HOURS OF EACHOTHER*</u>

Example of treatment strategies:

- For mild headaches: use ice or heat packs, rest in a dark and quiet room, drink extra water, biofeedback, essential oils
- For moderate headaches: take a neuroleptic, anti-emetic, and/or an NSAID as early in the headache/nausea as possible
- For severe headaches: take a triptan or DHE preparation and ondansetron as early in the headache/nausea as possible

Other options:

- Diphenhydramine (Benadryl) 25-50 mg
- Magnesium 400-600 mg/day
- Intranasal lidocaine 4%
- IV fluids (given as an outpatient at a local infusion center)
- Trigger injections/nerve blocks
- Topical treatments:
 - Lidocaine/Prilocaine (EMLA) cream
 - Lidoderm patches
 - Voltaren gel

If vomiting:

- Consider use of an alternative formulation of medication (injections, nasal spray, oral dissolving tablets, suppositories)

Consider need for backup and rescue treatment to keep you out of the ER and **ONLY** to keep you out of the ER

- **VERY** spare use of medications such as opioids (Ultram/tramadol, Norco/hydrocodone, Percocet/oxycodone) OR benzodiazepines (such as Valium/diazepam)
- Too frequent use of opioid medications makes headaches worse and harder to treat over time!!!