

**MIGRAINE MANAGEMENT IN ADULTS:
Assessment & Diagnosis**

Canadian Headache Society → <https://headachesociety.ca/guidelines/>

Diagnosis: ID Migraine (Lipton, Dodick, & Sadovsky, 2003):

Over the last 3 months:

	Yes	No
Did you have a headache where you felt nauseated or sick to your stomach?		
Did light bother you when you had a headache (a lot more than when you did not have a headache?)		
Did your headache limit your ability to work, study or do what you needed to do for atleast a day?		

****If YES to 2 of 3 Questions Yields a PPV of 93% of a migraine diagnosis, 3 of 3 is a PPV of 98%***

Migraine Management in Adults: Acute & Prophylaxis Medications

Choosing Wisely Campaign:

Opioids and Butalbital* are

NOT recommended for
management of Headaches

*Butalbital = e.g. Fiorinal

ACUTE MIGRAINE MANGEMENT *Maximum of 8 days/month for all acute medications					
	Medication	Dose	Best Use	Contraindications	Side Effects
PAIN	Naproxen	500 mg PO PRN. Can repeat in 2 hours. Max 1000 mg/24 hours.	Mild - Moderate	-Severe Liver Disease -Uncontrolled HTN, thromboembolism, ischemic heart disease, stroke	
	Diclofenac CAMBIA	50 mg dissolved in 30 to 60 ml of water. Max 50mg/24 hours. <i>Black Licorice Flavour</i>	Mild - Moderate	-ASA/NSAID allergy -Active GI ulcer/bleed -Ulcerative Colitis/IBS -Pregnancy (C)	
	Almotriptan AXERT	12.5 mg PO PRN. Can repeat in 2 hours. Maximum of 25mg/24 hours.	Well-tolerated	-Ischemic Heart Disease -Cardiac Arrhythmias	-Tingling/ burning of hands/ face
	Rizatriptan MAXALT	10 mg PO PRN. Can repeat in 2 hours. Maximum of 20 mg/24 hours.	Highest pain-free rates @ 2 hours.	-Thromboembolism -Stroke/TIA	-Reddening of the face
	Eletriptan RELPAK	40 mg PO PRN. Can repeat in 2 hours. Max 80mg/24 hours.	Highest 24 hour sustained pain-free rates.	-PVD -Uncontrolled HTN	-Feels of pressure in chest, neck, throat, or jaw
	Zolmitriptan ZOMIG	5 mg Nasal Spray. Can repeat in 2 hours. Max 10mg/24 hours.	Wake Up Migraines (Nasal)	-History of hemiplegic or brainstem migraine -Pregnancy (C)	
NAUSEA	Prochlorperazine	10 mg PO BID PRN. Max 10 days/month.	Migraine-Associated Nausea	-NMS /Parkinsonisms/ Tardive Dyskinesia	-Drowsiness
	Metoclopramide	10 mg PO BID PRN. Max 10 days/month.	Migraine-Associated Nausea.	-NMS /Parkinsonisms/ Tardive Dyskinesia	-Drowsiness
*****Reinforce that all acute medications work best when taken within 30 minutes of migraine onset					

PROPHYLACTIC MIGRAINE MANGEMENT (*Consider if >4 days / month of migraine)					
Medication & Evidence	Starting Dose	Titration	Target Dose	Contraindications	Side Effects
Topiramate Level A	25 mg PO QHS	25 mg/2 weeks	100 mg	-History of nephrolithiasis -Pregnancy (D) -Angle closure glaucoma	-Drowsiness -Numbness /tingling of hands/feet/lips -Weight loss -Nausea (initially) -Frequent urination
Propranolol Level A	20 mg PO BID x 2 weeks OR Inderal 60 mg PO LA daily x 2 weeks	40 mg PO BID	40 mg PO BID OR Inderal 80 mg PO LA Daily	-Asthma -Hypotension -Pregnancy (C)	-Bradycardia -Hypotension -Dizziness/Anxiety
Candesartan Level A	4 mg PO Daily x 2 weeks	4 mg/2 weeks	8 mg PO daily	-Hypotension -Kidney Dysfunction	-Hypotension
Nortriptyline Level B	10 mg PO QHS x2 weeks	25mg x 2 weeks	50 mg PO Daily	-Pregnancy (C)	-Drowsiness -Weight gain -Dry mouth -Constipation
Nadolol Level B	20 mg PO Daily x 2 weeks	40 mg PO Daily x 2 weeks	60 mg PO Daily	-Asthma -Hypotension -Pregnancy (C)	-Bradycardia -Hypotension -Dizziness/Anxiety

**Therapeutic Trial requires several months (~2-3 months) to see 50% reduction in migraines*