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Acute Treatment for your Headache-Adult¹

No more than 4-6 days per month

Painkillers

Non-steroidal Anti-Inflammatories

Triptans

Paracetamol 500mg Max dose-2 tabs every 6 hours	Naproxen (Vimovo)² Max dose - 500mg 12 hourly	Sumatriptan (Imigran) 50-100mg Max dose 300mg daily
<i>Panadol</i>	Ibuprofen (Nurofen) Max dose – 400 to 800mg 8 hourly	Zolmitriptan (Zomig) 2.5mg Max 10mg daily
	Diclofenac (Difene) Max dose - 75mg 12 hourly	Frovatriptan (Frovex) 2.5mg Max dose 5mg daily
	Aspirin Max dose - 900mg 6 hourly	Almotriptan (Almogram)12.5mg Max dose 25 daily
	Mefenamic acid (Ponstan) Max dose - 500mg 8 hourly	Eletriptan (Relpax) 40mg Max dose 80mg daily
		Naratriptan (Naraverg) 2.5mg Max dose 5 mg daily

- Use a combination of the above medications, **one** from each of the three categories.²
- Make sure you only take **one** medication from each group on a given day.
 - e.g. Paracetamol, Naprosyn, & Zomig or Paracetamol, Nurofen & Naraverg
- Keep changing the combinations until you find the right one for you. You may need to try a few variations before finding the right combination for you.
- Do not exceed maximum dose of each medication per day
- Anti-sickness medication can be added e.g. Motilium (domperidone)

¹As with any medication, extreme caution is advised if you are pregnant or considering becoming pregnant. If in doubt, it is best to consult your headache doctor about your medication.

²Your doctor may prescribe Naproxen 500mg twice daily for days/weeks in certain circumstances, but not for long term daily use in headache patients.

Medication to avoid

- Codeine based medication of any description e.g. Solpadeine, Solpadol, Ixprim, Tylex, Tramadol, Nurofen Plus, etc
- Morphine, Pethidine, Dihydrocodeine, Palexia