

Dr. Martin Rutledge, Consultant Neurologist  
Bsc, Dr. Med Sci (Phd), MB, MRCPI

Hermitage Medical Clinic  
Suite 15 Old Lucan Road D20  
Ph: 01-6459580 Fax: 01-6459581

Mater Misericordiae Hospital  
Dublin Neurological Institute  
57 Eccles Street D7 Ph: 01-8032000

Beaumont Hospital  
Beaumont Road D9  
Ph: 01-8093000

# How to Acutely Treat your Migraine Effectively

**\*\*\*No more than 6-8 days per month\*\*\***

## Analgesics

## Non-Steroidal

## Triptans

<b>Paracetamol</b>	<b>Diclofenac (Difene)</b>	<b>Eletriptan (Relpax)</b>
	<b>Naproxen (Naprosyn)</b>	<b>Frovatriptan (Frovex)</b>
	<b>Ibuprofen (Nurofen/Buplex)</b>	<b>Naratriptan (Naraverg)</b>
	<b>Aspirin</b>	<b>Sumatriptan (Imigran/Sumatran Relief)</b>
	<b>Mefenamic Acid (Ponstan)</b>	<b>Zolmitriptan (Zomig)</b>

(Brand Names as examples in brackets)

- Use a combination of the above medications, **one** from each of the three categories
- 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 each month before finding the right combination for you.
- Repeat as necessary, but do not exceed maximum dose of each medications per day
- Anti-sickness medication can be added e.g. Motilium (Domperidone)

### Medication to avoid

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