

Migraine Patient Education

- Stress the importance of keeping a **headache log** and the **need to bring it to clinic** visits to review with the doctor.
- Review medication schedule, administration and side effects with patient.
- Emphasize the importance of taking triptan early at the onset of headache. May repeat dose at 2 hours. May also use extra strength Tylenol or Motrin at onset of headache for additional relief. Limit 2 doses within 24 hours. DO NOT use more than 3 dose days out of 7 days.
- Review lifestyle management strategies to improve headache management.
- Adhere to regular schedule for sleep and nutrition. Goal is to obtain 8 hours of sleep at night. Avoid naps.
- Take regular meals with adequate protein. Avoid excess sugar, processed foods, and excessive snacking. Goal is to maintain normal body weight.
- Exercise 3-5 days a week.