

Name:

Date:

HEADACHE PREVENTION GUIDELINES

- Keep a Headache Diary
 - Regular Sleep
 - Regular Diet
 - Regular Exercise
- Identify and Avoid Triggers
- Improve Stress Management & Coping Skills
- *More Information about Headaches:*
www.americanheadachesociety.org
www.achenet.org
- Consider Daily Preventative Medication
 - Defer for Now
 - Cyproheptadine
 - Amitriptyline
 - Verapamil
 - Topiramate

HEADACHE RESCUE GUIDELINES

- Use Home Rescue Medications Up to 2 Days per Week
- Right at Onset of the Headache:
 - Rest, fluids
 - Relaxation Techniques
 - Over the Counter Rescue Medications, *liquid or chewable*
 - Acetaminophen (Tylenol)
 - Ibuprofen (Motrin)
 - Naprosyn (Alleve)
 - Consider Prescription Rescue Medications
- If I have to go the Emergency Department for pain control, my goals are:
 - Enough pain control to enable me to go home to sleep
 - No narcotics or opiates (morphine, Demerol, Vicodin, Lortab, oxycodone etc)
 - Consider IV treatment with:
 - Fluids
 - Antiemetics
 - Toradol

For new, different and severe headache, or worst headache of my life, or headache with new or concerning symptoms... Go to Nearest Emergency Department