My headache action plan

Name:
My diagnosis:
Treating provider:

Date:
Location: Center for Advanced Pediatrics
My auras:

Headache prevention
Medications to take daily to prevent headaches

☐ Elavil (amitriptyline) _____ mg at bedtime
☐ Topamax (topirimate) _____ mg at bedtime
☐ Periactin (cyproheptadine) _____ mg
☐ Inderal (propranolol) _____ mg
☐ Magnesium _____ mg and Riboflavin _____ mg
☐ Other _____ _____ mg
☐ Other _____ _____ mg

Remember to take these medications every day to help prevent headaches. Try not to miss a dose.

Headache rescue
Medications to take when headaches start to treat them

For mild to moderate headaches:
☐ Motrin, Advil or store brand (ibuprofen) _____ mg
☐ Aleve or store brand (naproxen sodium) _____ mg
☐ Tylenol or store brand (acetaminophen) _____ mg
☐ Other _____ _____ mg

For severe headaches:
☐ Imitrex (sumatriptan) ____ mg Oral or nasal
☐ Maxalt (rizatriptan) ____ mg ODT or tablet
☐ Other_____ ___mg

You may take a second dose in 2 hours if headache continues. Avoid taking more than 2 times each week. You can take up to 9 times each month, but not more.

☐ Other _____ _____ mg

It is important to take rescue medications as directed:

- Take any rescue medication early in the course of a headache for best effect. You should have it at school if needed.
- Taking over-the-counter medications more than 3 times each week may lead to a medication-overuse headache. This is a headache that occurs more often over time and requires higher doses of medications to reduce pain.
- **Take all medications with a full bottle of water or sports drink as part of treatment.**

If you have questions or concerns, call the neurology office at 404-785-5437.
In case of emergency dial 911 or go to the nearest emergency department.