

HEADACHE (Migraine)

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

4.5

MEDICATION

Aspirin, acetaminophen, ibuprofen or naproxen are available without prescription and are examples of medication that may be helpful for a migraine. No single drug is preferable. A wide variety of drugs can be prescribed for migraine symptoms and prevention as well. Medication to help control or prevent attacks is available only by prescription.

ACTIVITY

Rest during attacks. Between attacks, exercise to achieve maximum fitness. Do not drive or use dangerous machinery during an attack.

DIET

Because some attacks are caused by foods, such as cheese or chocolate, keep a record of what you ate before each attack. Avoid foods that seem to trigger migraine attacks. Otherwise, no special diet is necessary.

NOTIFY OUR OFFICE IF...

- You have a migraine attack that persists longer than 24 hours, despite treatment.
- You have frequent migraine attacks that interfere with normal life.

Student Health Center



WWW.SIU.EDU/~SHC

618-453-3311