Lewis Headache Center

Primary Care Medication Guide

Barrow Neurological Institute

Class	Medication	Route of Administration	Formulation	Dosing	Adverse Effects	Notes
NSAIDS	Ibuprofen (Advil, Motrin)	Oral	Tablet	200-400 mg q6h	Can cause stomach upset, risk for kidney damage	Take with food to reduce risk of gastric ulcers
	Naproxen (Aleve)	Oral	Tablet	500 mg q12h	Can cause stomach upset, risk for kidney damage	Take with food to reduce risk of gastric ulcers
	Diclofenac (Voltaren, Cambia)	Oral	Voltaren: tablet Cambia: powder	50 mg TID	Can cause stomach upset, risk for kidney damage	Take with food to reduce risk of gastric ulcers
	Indomethacin (Indocin)	Oral	Tablet	25-100 mg daily	Can cause stomach upset, risk for kidney damage	Take with food to reduce risk of gastric ulcers
Triptans	Sumatriptan (Imitrex)	Oral, intranasal, subcutaneous	Oral: tablet	25-100 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
	Rizatriptan (Maxalt)	Oral, ODT	Tablet or ODT	5-10 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
	Eletriptan (Relpax)	Oral	tablet	20-40 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
	Zolmitriptan (Zomig)	Oral, ODT, intranasal	Tablet, ODT, nasal spray	1.25-2.5 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
	Naratriptan (Amerge)	Oral	tablet	1-2.5 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
	Frovatriptan (Frova)	Oral	tablet	2.5 mg as a single dose, can repeat after two hours	Jaw tightness, hypertension, sedation	
Antiemetic	Metoclopramide (Reglan)	Oral	tablet	10 mg	Tardive dyskinesia, sedation, anxiety, heart arrhythmias	
	Promethazine (Phenergan)	Oral, topical	Tablet or gel	25 mg	Heart arrhythmias	
	Prochlorperazine (Compazine)	Oral	tablet	10 mg	Tardive dyskinesia, sedation, anxiety, heart arrhythmias	
	Ondansetron (Zofran)	Oral, ODT	Tablet or ODT	4-8 mg	Fatigue, dry mouth, constipation	

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Ergot	Dihydroergotamine (Migranal, Trudhesa)	Intranasal	Nasal spray	0.5 mg per spray, one spray per nostril	Nausea, vomiting, euphoria	Not to be used within 24 hours of a triptan
Gepant	Rimegepant (Nurtec ODT)	Oral	tablet	75 mg	nausea/stomach upset	
	Ubrogepant (Ubrelvy)	Oral	tablet	50-100 mg	nausea, fatigue, dry mouth	
	Zavegepant (Zavzpret)	Intranasal	Nasal Spray	10 mg per spray, one spray per nostril	Nausea, nasal discomfort	

Preventive Medications

Medication	Starting dose	Maximum dose	Adverse Effects	Contraindications	Consider for patients with	Evidence Level
Valproic acid	250 mg daily	2000 mg daily or 60 mg/kg/day	Alopecia, asthenia, dizziness, hepatic failure, nausea, pancreatitis, somnolence, thrombo-cytopenia, tremors, weight gain	Liver disease, pregnancy Caution use in women of child bearing age	Seizure disorder, mood disorder	A
Metoprolol	50 mg BID	200 mg daily	Bradycardia, depression, fatigue, hypotension, impotence, lethargy	Asthma, bradycardia, COPD	Underlying cardiovascular disease	A
Propranolol	40 mg BID-TID *can start as low as 10mg QHS to assess tolerability	320 mg daily	Bradycardia, depression, fatigue, hypotension, impotence, lethargy	Asthma, bradycardia, COPD	Underlying cardiovascular disease, anxiety	A
Timolol	20-30 mg daily	60 mg daily	Bradycardia, depression, fatigue, hypotension, impotence, lethargy	Asthma, bradycardia, COPD	Underlying cardiovascular disease	A
Topiramate	25 mg daily	100 mg BID	Paresthesias, decreased appetite (can cause weight loss), brain fog, kidney stones, metabolic acidosis, nausea, acute angle glaucoma	Pregnancy, prior kidney stones, acute angle glaucoma, caution in osteoporosis Can make OCPs less effective	Seizure disorder, overweight	A
Frovatriptan		10 mg on first day of menstrual cycle, then 2.5 mg BID for the rest of the menstrual window	Jaw tightness, hypertension, sedation	Intracranial vascular disease, coronary artery disease, peripheral vascular disease	Catamenial migraine	A

Medication	Starting dose	Maximum dose	Adverse Effects	Contraindications	Consider for patients with	Evidence Level
Amitriptyline	10 mg daily	150 mg daily	Blurry vision, constipation, decreased seizure threshold, dry mouth, orthostatic hypotension, QT prolongation, sedation, tachycardia, urinary retention, weight gain	No use within 14 days of using an MAOI, avoid in acute MI, seizure disorder	Depression, anxiety, sleep difficulties	B
Nortriptyline	10 mg daily	50 mg daily	Constipation, dry mouth, drowsiness	Use of MAO inhibitors within past 14 days, use during the acute recovery phase of a myocardial infarction	Depression, anxiety, sleep difficulties	B
Atenolol	50 mg daily	200 mg daily	Bradycardia, depression, fatigue, hypotension, impotence, lethargy	Asthma, bradycardia, COPD	Underlying cardiovascular disease	B
Venlafaxine	37.5 mg daily	225 mg daily	Dry mouth, hypertension, insomnia, mydriasis, nausea, nervousness, seizures, weight gain	Do not use within 14 days of MAOI	Depression, anxiety	B
Onabotulinum toxin	155U q3months (PREEMPT protocol)	195U q3 months (Follow the Pain protocol)				
Candesartan	4 mg	16 mg	Hypotension, impaired renal function, elevated potassium	Baseline hypotension	Hypertension	C

CGRP Inhibitors

Indication	Name	Dosage	Mechanism of administration	Adverse Effects
Prevention	Erenumab	120mg	SubQ	Constipation, hypertension, injection site reaction
Prevention	Galcanezumab	120mg, 300mg for cluster	SubQ	injection site reaction
Prevention	Fremanezumab	225mg q month, 675 q3 months	SubQ	injection site reaction
Prevention	Eptinizumab	100-300mg q3months	IV	local injection reactions, naso-pharyngitis, dizziness, fatigue.
Prevention	Atogepant	10-60mg daily	oral	Constipation
Prevention/Rescue	Rimegepant	75mg daily for rescue, QOD for prevention	oral	nausea, dizziness, somnolence and dry mouth
Rescue	Ubrogepant	50-100mg daily	oral	nausea, somnolence, and dry mouth
Rescue	Zavegepant	10mg daily	nasal	Nausea, sinus congestion

References

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