

Headache Management Plan

My headache diagnosis: _____

Acute

My Dosing Strategy:

_____	Ubrelyv 50, 100 mg _____
_____	Zavzpret NS 10 mg _____
_____	Imitrex 25, 50, 100 mg _____
_____	Zomig 2.5, 5 mg _____
_____	Relpax 20, 40 mg _____
Migranal 4 mg/mL _____	Maxalt 5, 10 mg _____
Reyvow 50, 100, 200 mg _____	Frova 2.5 mg _____
Trudhesa 0.725 mg _____	Axert 6.25, 12.5 mg _____
Nurtec 75 mg _____	Amerge 1, 2.5 mg _____

Symptom Management

Zofran _____

Compazine _____

Reglan _____

Phenergan _____

Atarax _____

Meclizine _____

Baclofen _____

Tizanidine _____

Flexeril _____

Other _____

Other _____

Other _____

Complimentary Therapy

Ibuprofen _____

Tylenol _____

Naproxen _____

Excedrin _____

Diclofenac _____

Indomethcin _____

B-2 Riboflavin _____

MagOx _____

Co/Q10 _____

Oxygen _____

Other _____

Other _____

Neuromodulation

Cefaly _____

Nerivo _____

Gammacore _____

sTMS _____

Relivion _____

Other _____

Notes

Preventative

Self-administered CGRP

Nurtec 75 mg _____

Qulipta 10, 30, 60 mg _____

Aimovig 70, 140, 675 mg _____

Ajovy 225 mg _____

Emgality 120, 300 mg _____

Clinician Administered

Vyepti 100, 300 mg _____

Botox _____

Nerve Block _____

Trigger Point _____

Other Self-administered

Candesartan _____

Metoprolol _____

Propranolol _____

Nadolol _____

Verapamil _____

Nifedipine _____

Lisinopril _____

Topiramate _____

Divalproex _____

Amitriptyline _____

Nortriptyline _____

Venlafaxine _____

Duloxetine _____

Gabapentin _____

Pregabalin _____

Cyproheptadine _____

Other _____

Other _____

Other _____

Headache Management Plan

My headache diagnosis:

Acute

Nurtec, Ubrelvy, Zavzpret NS,
Imitrex, Zomig, Relpax, Maxalt,
Frova, Axert, Amerge,
Migranal NS, Trudhesa, Reyvow

My Dosing Strategy:

Neuromodulation

Cefaly _____

Nerivo _____

Gammacore _____

sTMS _____

Relivion _____

Other _____

Symptom Management

Zofran, Compazine, Reglan,
Phenergan, Atarax, Meclizine,
Baclofen, Tizanidine, Flexeril

Other _____

Other _____

Other _____

My Dosing Strategy:

Complimentary Therapy

Ibuprofen, Tylenol, Naproxen,
Excedrin, Diclofenac, Keterolac,
Indomethcin, B-2 Riboflavin,
MagOx, Co/Q10, Oxygen

Other _____

Other _____

Other _____

My Dosing Strategy:

Notes

Preventative

Self-administered CGRP

Nurtec, Qulipta, Aimovig, Ajovy,
Emgality

Clinician Administered

Vyepti, Botox, Nerve Block,
Trigger Point Injections

Other Self-administered

Candesartan, Lisinopril

Metoprolol, Propranolol, Nadolol

Verapamil, Nifedipine

Topiramate, Divaproex

Amitriptyline, Nortriptyline

Venlafaxine, Duloxetine

Gabapentin, Pregabalin

Cyproheptadine

Other _____

Other _____

Other _____



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

