

HEADACHE ACTION PLAN

DAILY PREVENTION

- Engage in mild to moderate exercise for at least 30 minutes per day OR low stimulation “quiet time” at least 30 minutes per day.
- Eat a healthy diet – NEVER skip breakfast; Consider mid-morning and mid-afternoon snack; Increase fruits/veggies.
- Reduce/avoid caffeine.
- Drink plenty of non-caffeinated fluids; You should be urinating every 2-3 hours during awake hours.
- Keep a regular sleep cycle; Do not stay up late or sleep in, even on your days off.
- Avoid any known headache triggers.

MEDICATION PREVENTION

___ Magnesium (Taurate, Glycinate, Malate, or Chloride) – 200 mg at bedtime x 7 days; Increase to 200 mg twice a day. If needed, may increase to 300 mg twice a day. Take with food.

___ Zinc – 15 mg once a day. Take with protein.

___ Multivitamin – once a day.

___ B Complex – once a day.

___ Omega-3 Fatty acid – 500 mg once a day.

___ Vitamin D3 - _____ IU daily

___ Coenzyme Q-10 – 150 mg in the morning

___ Melatonin - _____ mg 30 minutes before bedtime

___ Other: _____

IMMEDIATE PAIN RELIEF

PRODROME: Reduce stimulation; Quiet room; Mild exercise, if tolerated; Increase fluid intake; Take 200 mg Magnesium; Consider Anti-inflammatory

MILD, EARLY PAIN: Rest; Increase fluid intake; Take 200 mg Magnesium; Take Anti-inflammatory

SEVERE PAIN: Mild pain instructions +

Diphenhydramine _____ mg +/-

Rescue medication: _____

NAUSEA

___ Diphenhydramine - _____ mg every 6-8 hours as needed

___ Zofran - _____ mg every 8 hours as needed

