



Disease awareness guide
intended to support
members of general public
who may be migraine
sufferers in seeking doctor's
advice and support for
migraine

This guide contains aspects
to consider and how to
prepare in order to make
the most out of their
appointment with their
doctor.

We understand that making an appointment to see your doctor about your migraine attacks can feel daunting.

Some people worry that the doctor will think their condition is not significant, or that their doctor is not interested, or even that there is nothing their doctor can do to help.

But please know that your doctor will always want to support you. They understand that migraine is a medical condition and have a range of options available to help you.

Preparing in advance will help you and your doctor make the most of your visit.

Before your appointment

Consider how your migraine attacks impact your daily life and wellbeing

Migraine is a very individual condition. Telling your doctor how your migraine attacks are impacting your life will help them to fully understand what is happening and how to help you.

You may want to think about whether your migraine attacks have affected your:

- Work/career
- Relationships with family, friends, colleagues
- Hobbies
- Social life
- Thoughts and emotions

You may wish to make a note of the impact of your migraine attacks in the space below

TOP TIP: Take things one step at a time

- Finding the right treatment for you will be a journey that you go on with your doctor.
- The most important step is the first – making an appointment to talk to your doctor



Consider your goals

Just as every individual's migraine is different, so are their goals when going to see the doctor and it can help both you and your doctor to make shared decisions about your treatment if you come prepared to discuss these.

Some of these goals might relate to the characteristics of your migraine e.g.,

- prevent the occurrence of headaches
- reduce the number of monthly migraine days
- be pain-free during an attack
- be free of bothersome symptoms during an attack
- reduce or eliminate migraine associated disability

Some of these goals might relate to the life you want to lead e.g.,

- do you want to be able to R.S.V.P to a wedding invite and know you'll be able to attend?
- do you want to return to full time work?
- do you miss a particular hobby?

You may wish to make a note of your goals in the space below

Know your treatment history



Details of the migraine medications you have already tried/are currently taking and medications you are currently taking for other conditions will help your doctor make decisions about the most appropriate management plan for you.

PREVIOUS MEDICATION

You may want to list any previous medications you have tried for migraine. These can be prescriptions or those purchased over the counter, supplements or procedures for your migraine attacks

How long did you try them for?

Did they help your migraine attacks?

Did you experience any side effects?

CURRENT MEDICATION

What medications are you currently taking? Include any you are taking for other conditions, including prescription or over the counter medications, as well as supplements and medical procedures

How long have you been taking your medication for migraine?

Have you noticed a reduced number or severity of migraine attacks?

Does your migraine medication adequately reduce the pain (and/or other associated symptoms) during your migraine attack?

Have you experienced any side effects?

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effect not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of medicines or vaccines.

Headache Diary

Regular medication:

Month: _____

Date	Duration	Severity (0 = no pain, 10 = worst pain)	Symptoms experienced, for example (D=Dizziness, V=Vertigo, L= Light sensitivity, S= Sound sensitivity, M=Movement sensitivity)	Any medication taken for migraine?	Comments (e.g. triggers, menstruation, changes in medication, your observations)
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Headache Diary

Regular medication:

Month: _____

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