

Talking to your healthcare provider about migraines

Discussing your migraine experience with a healthcare provider may not be easy. But going to your appointment prepared with information and questions to ask could help you get the most out of your visit.

Describe your migraines

I have migraines about _____ times a week/month.

My migraines usually last for _____ hours.

When I'm having a migraine, I feel
(for example, tired, nauseated, dizzy, etc.):

I experience an aura (flashes of light, blind spots, or other vision changes) **during my migraines.** Yes No

After I have a migraine, I feel
(for example, sleepy, out of it, irritable, etc.):

Triggers I'm sure about:

Triggers I'm not sure about:

It takes _____ minutes/hours to feel like myself again.

Ask your healthcare provider

Asking your healthcare provider the following questions may help you get a better handle on your migraines:

- **Besides taking medicine, what are some things I can do to control my migraines?**
- **Is there anything I can do to reduce the length of a migraine attack?**
- **Are there certain activities or foods I should avoid?**
- **If I'm having a migraine attack, when should I call an ambulance?**
- **What can I do to help others understand that my migraines are more than just headaches?**
- **Is there a medicine I can take once a day to help prevent migraines?**

For caregivers of a migraine sufferer

Caring for someone experiencing migraine attacks can be difficult, especially if it's a child or person who has difficulty understanding what's happening. It might help to complete this guide together before a healthcare visit.

Describe your treatment

I am taking a medicine to help prevent migraines.

- Yes, once a day Yes, twice a day No
 Other _____

If yes:

My medicine works well for me. Yes No

My medicine seems to work, but there are side effects
(for example, upset stomach, problems sleeping, etc.):

I have some challenges with my current medicine
(for example, remembering to take it every day, etc.):

If no:

I have made these lifestyle changes, but I still have migraines
(for example, diet, sleep schedule, etc.):

How migraines affect my life:

My migraines cause me to miss work.

- Rarely Somewhat often Frequently

My migraines cause me to miss social events.

- Rarely Somewhat often Frequently

My migraines get in the way of my home life.

- Rarely Somewhat often Frequently

Ask about your new medicine

If your healthcare provider does prescribe a medicine, here are some questions you could ask:

- How often should I take this medicine?
- What if I miss a dose?
- What are the side effects and how can I manage them?
- Will this interact with any other medicines I take?
- How could this medicine affect my daily life?
- How long will I have to stay on this treatment?
- How long before I know it's working?
- What if it doesn't work at all?
- How much does this treatment cost?
- Can I get co-pay assistance if I need it?
- Are there other treatment options available to me?

Use this space to write down some additional things you want to talk to your healthcare provider about:

Don't forget to bring something to take notes with during your appointment.

Migraines can be a challenge to control. But with the right treatment and lifestyle changes, you may be able to get more migraine-free days.