

MIGRAINE ACTION PLAN

Date: Monday, January 4, 2021

<p style="text-align: center;"><u>Green Zone</u> (Pt has no active symptoms)</p> <ul style="list-style-type: none"> Headache symptoms are minimal (occur only occasionally) <p>Controller Meds: _____ Abortive Meds: _____</p>	<p style="text-align: center;"><u>Use These Meds EVERY DAY or as Directed</u> <u>(Controller Medications)</u></p> <p>____ 1. Topamax 25 mg by mouth twice a day x 1 week then 50 mg twice a day ____ 2. Amitryptiline 75 mg by mouth at night ____ 3. Nifedipine 60 mg ER by mouth Q daily ____ 4. Venlafaxine ER 37.5 mg PO Q daily x 3 days then 75 mg PO Q daily ____ 5. Propranolol 10 mg daily ____ 6. Aimovig 70 mg Subcutaneous once monthly</p>
<p style="text-align: center;"><u>Yellow Zone</u> <u>(Caution)</u></p> <ul style="list-style-type: none"> Severe Migraine attach that is affecting daily functioning (work, school, life) Migraine severe and not under control with controller medicine and occasional abortive agents 	<p style="text-align: center;"><u>Give medications in the Green Zone as usual PLUS</u></p> <ol style="list-style-type: none"> First, Naproxen 500 mg by mouth x 1 and Phenergan 25 mg by mouth x1 and go to Dark room with decreased light and sound ____ Naproxen 500 mg by mouth every 8 hours PRN HA ____ Phenergan 25 mg by mouth every 8 hours PRN N/V associated with HA ____ Second, Sumatriptan 100 mg by mouth x 1 at HA onset, and may repeat in 2 hours if HA recurs OR ____ Maxalt 10 mg by mouth x 1 at HA onset, and may repeat in 2 hours if HA recurs ____ Third, Midrin 2 tabs by mouth x 1 then one to two tabs every 12 hours (max dose is 6 tablets in 24 hours) OR ____ Lortab 7.5/500 1 tab by mouth x 1 and may use every 8 hours as needed <p>If you have Yellow Zone symptoms that continue more than 24 hours, make appointment to see your doctor in AM or go to ER</p>
<p style="text-align: center;"><u>Red Zone</u> <u>(Medical Alert)</u></p> <ul style="list-style-type: none"> Migraine is nonstop and associated with new onset symptoms unusual to you and different from prior Migraine <p>Doctors Signature: _____</p>	<p style="text-align: center;"><u>Give these medications immediately and seek Medical attention immediately</u></p> <ol style="list-style-type: none"> ____ Sumatriptan 100 mg by mouth x 1 OR ____ Maxalt 10 mg by mouth x 1 If symptoms do not resolve, then GO DIRECTLY to ER <p><u>Call your Doctor and let him know that you are having these symptoms</u></p>